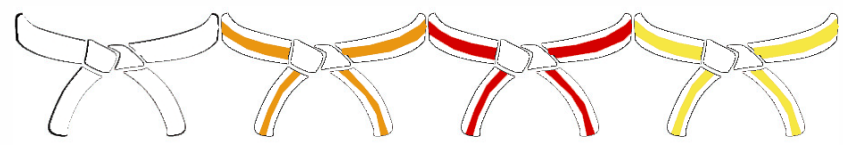


ZEN-SHIN TIMETABLE

at Soho Hill

Little Ninjas 4-6yrs



Tuesday 5:00-5:45pm

Saturday 10:30-11:15am



Day Time Class

Thursday 11:00-12:00pm

Any age. Any grade.

Family Class

Thursday 5:00-5:45pm

Any age. Any grade. Must have at least 2 or more people from the same household in the class together. Classes will include partner work and contact with members of the same household. Parents welcome.

Kyoshi



Monday 7:15-8:15pm

Wednesday 7:15-8:15pm

Friday 8:30-9:30pm

Saturday 1:45-2:45pm



Kihon 7-11yrs



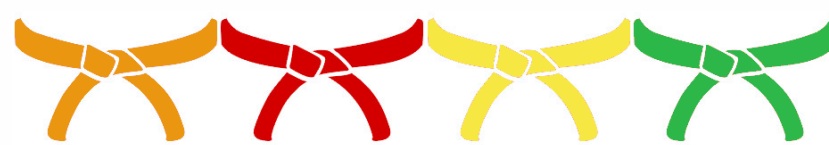
Monday 5:00-5:45pm

Wednesday 5:00-5:45pm

Friday 5:00-5:45pm

Saturday 11:30-12:15pm

Heian 7-11yrs



Monday 6:00-7:00pm

Wednesday 6:00-7:00pm

Friday 6:00-7:00pm

Saturday 12:30-1:30pm



Heian 12+yrs



Monday 6:00-7:00pm

Tuesday 6:00-7:00pm

Wednesday 6:00-7:00pm

Friday 7:15-8:15pm

Saturday 12:30-1:30pm



KBMT 12+yrs

Kickboxing & Muay Thai

Fight Class

Tuesday 7:15-8:45pm

Ladies Only

Thursday 6:00-7:00pm

Fit Class

Thursday 7:15-8:15pm