

Wambua's Martial Arts Academy

913-592-5151

Floor 2

Aerobic Kick Boxing & Tiger Tots Schedule

A) Monday	6:30-7:30	Aerobic Kick Boxing
A) Tuesday	5:15-6:00 6:15-7:00	Tiger Tots -White, Green, & Blue Sashes Tiger Tots - Yellow & above Sashes
B) Wednesday	6:30-7:30	Aerobic Kick Boxing
B) Thursday	5:15-6:00 6:15-7:00	Tiger Tots – White, Green, & Blue Sashes Tiger Tots – Yellow & above Sashes
C) Friday		No Scheduled Classes
C) Saturday	9:00-10:00	Aerobic Kickboxing

Students are to arrive 10 minutes before their scheduled class time to stretch and warm up (quietly).

The highest student in rank is responsible in leading the rest in warm up and stretching, and making sure nobody is messing around.

When your class is over, please leave the workout area immediately so that the next class can begin.

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