

RICHMOND MARTIAL ARTS

Unit 150 - 11780 Hammersmith Way, Richmond, BC V7a 5E9

(604) 241-7624

www.richmondkicks.com

ADULT AND TEEN CLASSES

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATU	SUNDAY
Cardio Kickboxing	6:45 - 7:30pm (Co-Ed)	1:00 - 1:45pm (Ladies Class) 7:30 - 8:15pm (Ladies Class)	6:45 - 7:30pm (Co-Ed)	1:00 - 1:45pm (Ladies Class) 7:30 - 8:15pm (Ladies Class)	6:30 - 7:15pm (Ladies Only)	10:00- 10:45am (Ladies Class)	9:00-9-45am (Ladies Class)
Tactical Self Defense	7:30 - 8:30pm	-	7:30 - 8:30 pm	-	-	-	-
Adult & Teen Taekwondo	-	7:30 - 8:30pm	-	7:30 - 8:30pm	-	-	-

REQUIRED EQUIPMENT

Taekwon-Do: Foam Sparring Gear and Boxing Gloves

Cardio Kickboxing: Boxing Gloves

Krav Maga: Mouth Guard, Groin Protection (Males), Boxing Gloves, Helmet

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