

# ***RICHMOND MARTIAL ARTS***

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

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[www.richmondkicks.com](http://www.richmondkicks.com)

## **ADULT AND TEEN CLASSES**

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