

# ***RICHMOND MARTIAL ARTS***

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

(604) 241-7624

[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>Cardio Kickboxing</b>	10:00-10:45am (ladies) 6:45 - 7:30pm (Co-Ed)	1:00 – 1:45pm (Ladies Class) 7:30 - 8:15pm (Ladies Class)	10:00-10:45am (ladies) 6:45 - 7:30pm (Co-Ed)	1:00 – 1:45pm (Ladies Class) 7:30 - 8:15pm (Ladies Class)	10:00-10:45am (ladies) 7:45-8:30pm (Co-Ed)
<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	5:30-6:30pm (Teen Only)

## **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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