

ETHEREAL ARTS SELF DEFENSE

WEEKLY SCHEDULE 978-897-8585 WWW.ETHEREALARTS-SD.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	8:00 - 9:00 AM YOGA - BEGINNER (SLOW FLOW)		8:00 - 9:00 AM YOGA - VINYASA ALL LEVELS FLOW		7:30 - 8:45 AM YOGA - SUNRISE YOGA	KENPO MUAY THAI CHIN NA - KIDS & ADULTS 1 Class Per Week (Sparring Included) \$139/Month 2 Classes Per Week (Sparring Included) \$149/Month 3 Classes Per Week (Sparring Included) \$159/Month
11:00 - 11:30 AM LITTLE GRIFFINS Ages 3 - 5 By Appointment Only	11:00 - 11:30 AM LITTLE GRIFFINS Ages 3 - 5 By Appointment Only	11:00 - 11:30 AM LITTLE GRIFFINS Ages 3 - 5 By Appointment Only	11:00 - 11:30 AM LITTLE GRIFFINS Ages 3 - 5 By Appointment Only		9:00 - 9:30 AM LITTLE GRIFFINS 3 - 5 By Appointment Only 9:30 - 10:00 AM LIVE ACTION WEAPONS	LITTLE GRIFFINS KENPO KARATE AGES 3-5 1 Class Per Week \$109/Month 2 Classes Per Week \$119/Month 3 Classes Per Week \$129/Month
12:00 - 1:00 PM TAI CHI CHUAN All Levels		12:00 - 1:00 PM TAI CHI CHUAN All Levels			10:00 - 11:00 AM KIDS KENPO Ages 6 - 12	TAI CHI 1 Classes A Week \$69/Month 2 Classes Per Week \$79/Month
3:00 - 5:00 PM AFTER SCHOOL PROGRAM	3:00 - 5:00 PM AFTER SCHOOL PROGRAM	3:00 - 5:00 PM AFTER SCHOOL PROGRAM	3:00 - 5:00 PM AFTER SCHOOL PROGRAM	3:00 - 5:00 PM AFTER SCHOOL PROGRAM	11:00 - 11:30 PM SPARRING CLASS (6 classes + 12 matches) Required for Belt Testing	INDIVIDUAL CLASS PROGRAMS Live Action Weapons \$10/Month Each Additional Class In Any Martial Art Program Above \$10/Month
5:10 - 6:00 PM KIDS KENPO Ages 6 - 12	5:10 - 6:00 PM KIDS KENPO Ages 6 - 12	5:10 - 6:00 PM KIDS KENPO Ages 6 - 12	5:10 - 6:00 PM KIDS KENPO Ages 6 - 12	5:10 - 6:00 PM KIDS KENPO Ages 6 - 12 AFTER SCHOOL PROGRAM ONLY	11:30 - 12:30 PM ADULT KENPO BEGINNER RANKS ONLY (Non ranked thru Green)	YOGA CLASS PROGRAMS Single Class \$16/Each 5 Class Pass \$75 10 Class Pass \$140
6:10 - 7:30 PM ADULT KENPO	6:10 - 7:30 PM ADULT KENPO	6:10 - 7:30 PM ADULT KENPO	6:10 - 7:30 PM ADULT KENPO	6:00 - 6:30 PM CHIN NA	12:30 - 1:30 PM ADULT KENPO ADVANCED RANKS ONLY (Blue Belt thru Black)	Two Free Trial Classes In Any Martial Art That We Offer
7:30 - 9:00 PM MUAY THAI	7:30 - 8:30 PM TAI CHI CHUAN All Levels	7:30 - 8:30 PM PRIVATE LESSONS / MAKE UP LESSON TIME	7:30 - 8:30 PM TAI CHI CHUAN All Levels	6:30 - 7:30 PRIVATE LESSONS / MAKE UP LESSON TIME	1:30 - 2:00 PM CHIN NA	20% Discount For Additional Family Members
9:00 - 9:30 PM CHIN NA	8:30 - 9:30 PM ESOTERICS CLASS ROTATING SCHEDULE BY INVITATION ONLY	8:30 - 10:00 PM BLACK BELT CLASS		7:30 - 9:00 PM MUAY THAI	2:00 - 3:30 PM MUAY THAI	Have Your Child's Birthday Party Here
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LITTLE GRIFFINS CLASSES Ages 3 To 5 KIDS CLASSES Ages 6 To 12 ADULT CLASSES Ages 13 & Up

**WALK-INS ARE ALWAYS WELCOME
EVEN DURING CLASS TIMES**