

DOJO 1

DOJO 2

# ULTIMATE FAMILY MARTIAL ARTS & FITNESS

905 853 1717

SCHEDULE EFFECTIVE SEPTEMBER 2009

www.rcffamily.com

1220 STELLAR DR, NEWMARKET, ON, L3Y 7B9

FALL SCHEDULE

# RCFF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PRIVATES</b> 10AM - 5PM							
5PM - 6PM	BREAKDANCING HIP HOP	JUDO 8:30 - 9:30	AIKIDO KIDS 5:30 - 6:30 CAPOEIRA 6:30 - 6:30	SHORINJIJRYU KARATE KIDS 5:30 - 6:30	BREAKDANCING HIP HOP KARATE YOUTH	KARATE YOUTH 9:00 - 10:00 SHORINJIJRYU KARATE KIDS 10:00 - 11:00	
6PM - 7PM	JUDO	JUDO ADULT 6:30-7:30	R-XTREME 6:30 - 7:30	WUSHU 6:30-7:30 AIKIDO ADULTS 6:00 - 7:30	R-XTREME KARATE ADULTS 8:00 - 7:30	JUDO 11am - 12pm KARATE ADULTS 10:00 - 11:30	
7PM - 8PM	COMBAT FITNESS AIKIDO ADULTS	COMMANDO KRAV MAGA 7:30 - 8:30	JIU JITSU 7:30 - 8:30	COMBAT FITNESS 7:30 - 8:30 MMA	JIU JITSU	JIU JITSU 12pm - 1pm AIKIDO KIDS + ADULTS 11:30 - 12:30	
8PM - 9PM	COMMANDO KRAV MAGA	MEDIEVAL SWORD 8:30 - 9:30	MUAY THAI kickboxing 8:30 - 9:30	COMMANDO KRAV MAGA 8:30 - 9:30	JIU JITSU ADULT +35	MMA 1pm - 2pm AIKIDO ADULTS 12:30 - 1:30	
9PM - 10PM	MUAY THAI Kickboxing			MUAY THAI kickboxing 9:30 - 10:30			

P  
R  
I  
V  
A  
T  
E  
S  
  
A  
V  
A  
I  
L  
A  
B  
L  
E