



Vizzio's Institute of Martial Arts

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Mon	Tue	Wed	Thu	Fri	Sat
4:15 PM	4:15 PM	4:15 PM	4:15 PM	4:15 PM	
Kids BASIC Kung-Fu	Kids ADV Kung-Fu	Kids BASIC Kung-Fu	Kids/Adults DEGREE CLUB	SWAT	
5:00 PM	5:00 PM	5:00 PM	5:00 PM	5:00 PM	
Kids BEG Kung-Fu	Kids INT Kung-Fu	Kids BEG Kung-Fu	Kids INT Kung-Fu	Kids BEG Kung-Fu	
5:45 PM	5:45 PM	5:45 PM	5:45 PM	5:45 PM	
Tumbling Tigers \$10 pay as you go	ZUMBA	STRETCH	Kids/Adults WEAPONS	STRETCH	
6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	
FU-BOX Cardio Jam	Adult BEG/DP Kung-Fu	FU-BOX Bags & Drills	Adult BEG/DP Kung-Fu	Adv FU-BOX	
7:30 PM	7:30 PM	7:30 PM	7:30 PM	7:30 PM	
ZUMBA	FU-BOX Fit Kick	Adult INT/ADV FORMS	FU-BOX Targets	Adult ADV Kung-Fu	

