



# 2013-14 Class Schedule

133 Gibraltar Avenue, Annapolis, MD 21401 . 410 - 263 - 0050

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	B2B Crunch		B2B Crunch		B2B Crunch	9+ workout
8:30	B2B Strength		B2B Strength		B2B Strength	
9:00	Adult TKD	B2B Morning	Adult TKD	B2B Morning	Adult SD	B2B Morning
9:30		Power	Yoga II	Power		Power
10:00						
10:30				Tiger Tots		
11:00						
11:30			Yoga			
12:00			Gentle			
12:30			(ends 12:45)			
1:00				Tiger Tots		
1:30						
4:00	Lil' Dragon	Lil' Dragon	Tiger Tots	Lil' Dragon	Lil' Dragon*	Lil' Dragon
4:30	Big Dragon	Lil' Dragon	Big Dragon	Lil' Dragon	Big Dragon	Lil' Dragon
5:00	Beg. 9+ TKD	Big Dragon	Beg. 9+ TKD	Big Dragon	Beg. 9+ TKD	Big Dragon
5:30	(ends 5:45)	Yoga I	(ends 5:45)	(ends 5:45)	Yoga I/II	(ends 5:45)
6:00	Adv SD &	(5:45-6:45)	Int./Adv	Adv SD &	Int./Adv	TKD
6:30	Weapons		TKD	Weapons	TKD	
7:00	Capoeira	Yoga I/II	Adult TKD	Capoeira	Yoga II/III	Aikido
7:30		(7:00-8:15)			(7:15-8:45)	Aikido /
8:00						Bokken
8:30						Workout

**Please visit the website for full class descriptions!**

**Tiger Tots** : Preschoolers, ages 3.5+  
30 minute class, one time per week

**Lil' Dragon\***:Kindergarteners only\*  
Exclusively for new Lil' Dragon students in Kindergarten!  
30 minute class, one time per week

**Lil' Dragon** :Kindergarteners & First graders  
30 minute class, twice per week

**Big Dragon** :Second & Third graders  
30 minute class, twice per week

**Special Needs** : For students on the autism spectrum  
(4th grade - middle school)  
30 minute class, one time per week

**Beginner TKD** :Fourth grade & beyond  
45 minute class, twice per week

**Intermediate/Advanced TKD** : Solid Blue belts & beyond  
50 minute class, twice per week

**Advanced Self-defense & Weapons** : Brown belts & beyond  
50 minute class, twice per week

**Adult TKD** : Adults (any skill level)  
50 minute class, twice per week  
Adult Self-defense also available

**Capoeira** : Adults (any skill level)  
90 minute class, twice per week

**Aikido** : Teens & Adults (any skill level)  
90 minute class, three times per week

**Body Balance Yoga** : Partner of Balanced Life Skills  
Please visit [bodybalanceyoga.com](http://bodybalanceyoga.com) for more information  
about classes and pricing for yoga classes!

**Back2Basics Personal Training** : Partner of Balanced Life Skills  
Please visit [back2basicspt.co](http://back2basicspt.co) for more information  
about personal training costs and availability!

# 2013-2014



## Martial Arts Class Schedule



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410 - 263 - 0050  
[www.balancedlifeskills.com](http://www.balancedlifeskills.com)