

South Riding - Winter 2021 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
IN PERSON							
5:00PM	Tiger	Tiger	Tiger	Tiger			
5:35PM	Beginner	Beginner	Beginner	Beginner	KickStart 5:30pm		
6:10PM	Black Belt	Intermediate	Black Belt	Intermediate			
6:45PM	Leadership Academy	Advance	Black Belt Prep	Advance			
7:20PM	Int/Adv	All Belt	Int/Adv	All Belt			
VIRTUAL							
4:00pm		Leadership			BB Prep		
4:15PM	Int/Adv/BB		Int/Adv/BB				
5:00PM		Tiger		Tiger			
5:45PM		Beg/Int		Beg/Int			
6:30PM		Adv/Black		Adv/Black			
TKfit							
6:30AM	Kickboxing		Kickboxing		Kickboxing		
8:00AM						Kickboxing	Kickboxing
6:00PM		Strength		Strength			
6:30PM	Kickboxing		Kickboxing		Kickboxing		

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Studio Code is 7033278030**

TOPKICK

2021 - Curriculum Focus Schedule

Jan 4 - Jan 10	Self-Defense		
Jan 11 - Jan 17	Blocks/Strikes	W Tip	
Jan 18 - Jan 24	Kicks/Strikes	B Tip	
Jan 25 - Jan 31	Forms/Foundations		
Feb 1 - Feb 7	Self-Defense	R Tip	
Feb 8 - Feb 14	Forms/Foundation	Bk Tip	
Feb 15 - Feb 21	Review	All Tip	
Feb 22 - Feb 28	Review	All Tip	
Mar 1 - Mar 7	Graduations		BB Test
Mar 8 - Mar 14	Forms/Foundations		
Mar 15 - Mar 21	Kicks/Strikes		
Mar 22 - Mar 28	Blocks/Strikes		
Mar 29 - Apr 4	Self-Defense		
Apr 5 - Apr 11	Blocks/Strikes	W Tip	
Apr 12 - Apr 18	Kicks/Strikes	B Tip	
Apr 19 - Apr 25	Forms/Foundations		
Apr 26 - May 2	Self-Defense	R Tip	
May 3 - May 9	Forms/Foundations	Bk Tip	
May 10 - May 16	Review	All Tip	
May 17 - May 23	Review	All Tip	
May 24 - May 30	Graduations		BB Test
May 31 - Jun 6	Forms/Foundations		
Jun 7 - Jun 13	Kicks/Strikes		
Jun 14 - Jun 20	Blocks/Strikes		
Jun 21 - Jun 27	Self-Defense		
Jun 28 - Jul 4	Blocks/Strikes	W Tip	
Jul 5 - Jul 11	Kicks/Strikes	B Tip	
Jul 12 - Jul 18	Forms/Foundations		
Jul 19 - Jul 25	Self-Defense	R Tip	
Jul 26 - Aug 1	Forms/Foundations	Bk Tip	
Aug 2 - Aug 8	Review	All Tip	
Aug 9 - Aug 15	Review	All Tip	
Aug 16 - Aug 22	Review	All Tip	
Aug 23 - Aug 29	Graduations		BB Test
Aug 30 - Sep 5	Forms/Foundations		
Sep 5 - Sep 12	Kicks/Strikes		
Sep 13 - Sep 19	Kicks/Strikes		
Sep 20 - Sep 26	Blocks/Strikes		
Sep 27 - Oct 3	Self-Defense		
Oct 4 - Oct 10	Blocks/Strikes	W Tip	
Oct 11 - Oct 17	Kicks/Strikes	B Tip	
Oct 18 - Oct 24	Forms/Foundations		
Oct 25 - Oct 31	Self-Defense	R Tip	
Nov 1 - Nov 7	Forms/Foundations	Bk Tip	
Nov 8 - Nov 14	Review	All Tip	
Nov 15 - Nov 21	Review	All Tip	
Nov 22 - Nov 28	Graduations		BB Test
Nov 29 - Dec 5	Forms/Foundations		
Dec 6 - Dec 12	Forms/Foundations		
Dec 13 - Dec 19	Kicks/Strikes		
Dec 20 - Dec 26	Blocks/Strikes		
Dec 27 - Jan 2	Closed		
Jan 3 - Jan 9	Blocks/Strikes	W Tip	