

SUDA INTERNATIONAL TRAINING CENTER

@ NOWELL PARK RECREATION CENTER
 199 Mills Road, Joliet, IL | 815-741-7275 Ext 700

| PROGRAM SCHEDULE (Effective 12/1/18) | | | | | | |
|--------------------------------------|----------------|----------------|----------------|----------------|-----|-----|
| CLASS | MON | TUE | WED | THU | FRI | SAT |
| YOUTH CLASSES (5-14 Years) | | | | | | |
| SPIDERS KARATE | 5:00 – 5:55 PM | | 5:00 – 5:55 PM | | | |
| SPIDERS KICKBOXING | | 5:00 – 5:55 PM | | 5:00 – 5:55 PM | | |
| TEEN & ADULT CLASSES | | | | | | |
| I-DANCE FITNESS (25 Years & up) | 8:30 – 9:25 AM | | 8:30 – 9:25 AM | | | |
| HBFIT LITE (25 Years & up) | | 8:30 – 9:25 AM | | 8:30 – 9:25 AM | | |
| HBFIT (12 Years & up) | 6:00 – 6:55 PM | | 6:00 – 6:55 PM | | | |

PRIVATE LESSONS CAN BE ARRANGED DURING DAYTIME HOURS

Proper uniform and equipment are required for each class of participation.

www.sudaitc.com