



THE ZEN LIFE CENTER'S
In-School, Zoom, and Park Training Schedule
 1425 TUSKAWILLA ROAD #181
 WINTER SPRINGS, FL 32708
 (407)-695-7555



In-School Weekly Schedule

Days	Times	Class Names	Class Information
Monday	5:00p	White Belts	This class is designed for White Belts
	5:30p	Lower Levels	This class is designed for Sr. Green Belts and Lower
	6:30p	Upper Levels	This class is designed for Purple Belts and Higher
Tuesday	5:00p	Beginner Levels	This class is designed for Beginner Students
	5:30p	All Levels	This class is designed for Students of Any Belt Level
	6:30p	Lower Levels	This class is designed for Sr. Green Belts and Lower
	7:30p	Adults Only	This class is designed for Students 18 years + ONLY
Wednesday	5:00p	White Belts	This class is designed for White Belts
	5:30p	Lower Levels	This class is designed for Sr. Green Belts and Lower
	6:30p	Upper Levels	This class is designed for Purple Belts and Higher
	7:30p	Black Belts	This class is designed for Black Belts ONLY
Thursday	5:00p	Beginner Levels	This class is designed for Beginner Students
	5:30p	All Levels	This class is designed for Students of Any Belt Level
	6:30p	Lower Levels	This class is designed for Sr. Green Belts and Lower
	7:30p	Adults Only	This class is designed for Students 18 years + ONLY
Friday	5:00p	White Belts	This class is designed for White Belts
	5:30p	Lower Levels	This class is designed for Sr. Green Belts and Lower
	6:30p	Upper Levels	This class is designed for Purple Belts and Higher
Saturday	10:00a	White Belts	This class is designed for White Belts
	10:45a	All Levels	This class is designed for Students of Any Belt Level
Some Saturdays and Sundays are available for birthday parties Private Lessons are available for scheduling			



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Zoom Weekly Schedule

Days	Times	Class Names	Class Information
Monday	5:00p	White to Sr. Green Belts	This class is designed for White to Sr. Green Belts
	5:30p	Sr. White Belts	This class is designed for Sr. White Belts
	6:15p	Green Belts	This class is designed for Green and Sr. Green Belts
	7:00p	Purple Belts	This class is designed for Purple and Sr. Purple Belts
Tuesday	5:00p	White Belts	This class is designed for All White Belts
	5:30p	Yellow Belts	This class is designed for Yellow and Sr. Yellow Belts
	6:15p	Orange Belts	This class is designed for Orange and Sr. Orange Belts
	7:00p	Blue Belts	This class is designed for Blue and Sr. Blue Belts
Wednesday	5:00p	Kickboxing Training	This class is designed for Kickboxing Training. All Levels are welcome
	5:30p	Sr. White Belts	This class is designed for Sr. White Belts
	6:15p	Green Belts	This class is designed for Green and Sr. Green Belts
	7:00p	Purple Belts	This class is designed for Purple and Sr. Purple Belts
	7:30p	Black Belts	This class is designed for Black Belts ONLY
Thursday	5:00p	Purple to Red Belts	This class is designed for Purple to Red Belts
	5:30p	Yellow Belts	This class is designed for Yellow and Sr. Yellow Belts
	6:15p	Orange Belts	This class is designed for Orange and Sr. Orange Belts
	7:00p	Blue Belts	This class is designed for Blue and Sr. Blue Belts
Friday	5:00p	White Belts	This class is designed for All White Belts
	5:30p	Sr. White to Sr. Green Belts	This class is designed for Sr. White to Sr. Green Belts
	6:15p	Brown Belts	This class is designed for Brown and Sr. Brown Belts
	7:00p	Red Belts	This class is designed for Red Belts
Saturday	10:00a	White Belts	This class is designed for All White Belts
	10:45a	Sr. White to Sr. Yellow Belts	This class is designed for Sr. White to Sr. Yellow Belts
	11:15a	Orange to Sr. Green Belts	This class is designed for Orange to Sr. Green Belts
	12:00p	Purple to Sr. Blue Belts	This class is designed for Purple to Sr. Blue Belts
	12:30p	Brown to Red Belts	This class is designed for Brown to Red Belts
**To access our Zoom classes, please go to www.zoom.us and enter the Meeting ID and Password: Meeting ID: 565 964 0817 Password: ZenHoehn			



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Park Weekly Schedule

Days	Times	Class Names	Class Information
Tuesday	4:30p	White Belts	This class is designed for All White Belts
	5:00p	Purple to Red Belts	This class is designed for Purple to Red Belts
	5:30p	Orange to Sr. Green Belts	This class is designed for Orange to Sr. Green Belts
	6:00p	Sr. White to Sr. Yellow Belts	This class is designed for Sr. White to Sr. Yellow Belts
Thursday	4:30p	White Belts	This class is designed for All White Belts
	5:00p	Purple to Red Belts	This class is designed for Purple to Red Belts
	5:30p	Orange to Sr. Green Belts	This class is designed for Orange to Sr. Green Belts
	6:00p	Sr. White to Sr. Yellow Belts	This class is designed for Sr. White to Sr. Yellow Belts

All park classes will be located at Red Bug Park: **3600 Red Bug Lake Rd, Casselberry, FL 32707 underneath the pavilion next to the playground. Please call us for any questions: 407-695-7555 / 407-657-1212