



THE ZEN LIFE CENTER TRAINING SCHEDULE
 1425 TUSKAWILLA ROAD #181
 WINTER SPRINGS, FL 32708
 (407)-695-7555



	Times	Class Name	Class information
Monday	3:00p and 4:00p	After School Program	This class is intended for the children in our after school program
	5:00-5:30p	Little Dragons	This class is designed for students aged 4-6
	5:30-6:15p	Youth Class	This class is designed for students aged 6-12
	6:15-7:00p	All Ages	Students of any age and belt rank are welcomed
	7:00-8:00p	Adult and Teens	This class is designed for students 13 and up all belt ranks welcomed
Tuesday	3:00p and 4:00p	After School Program	This class is intended for the children in our after school program
	5:00-5:30p	Little Dragons	This class is designed for students aged 4-6
	5:30-6:30p	Youth Class	This class is designed for students aged 6-12
	6:30-7:30p	Self-Defense	1 st Tues- General empty handed self defense 2 nd Tues- women's self-defense 3 rd Tues- defense involving close-ranged weapons (i.e rope, knife, stick) 4 th Tues- defense against long-range weapons(i.e bat, gun, rifle, grenade)
	7:30-8:30p	Adult Only	This class is ONLY for students 18 years +
Wednesday	3:00p and 4:00p	After School Program	This class is intended for the children in our after school program
	5:00-5:30p	Little Dragons	This class is designed for students aged 4-6
	5:30-6:15p	Youth Class	This class is designed for students aged 6-12
	6:15-7:00p	All Ages	All ages and belt levels welcomes to this class
	7:00-8:00	Adult and Teens	This class is intended for ranks purple and higher or 13+ of any belt level
Thursday	3:00p and 4:00p	After School Program	This class is intended for the children in our after school program
	5:00-5:30p	Little Dragons	This class is designed for students aged 4-6
	5:30-6:30p	Youth Class	This class is designed for students aged 6-12
	6:30-7:30p	Adult and Teens	This class is designed for students 13+
	7:30-8:30p	Adult Only	This class is ONLY for students 18 years +
Friday	3:00p and 4:00p	After School Program	This class is intended for the children in our after school program
	5:00-5:30p	White Belts	This class is for all white belts of any age
	5:30-6:00p	All Levels	This class is designed for any age and any ranks
	6:00-6:30p	All Ages	This class is designed to just focus on forms/poomse
	6:30-7:00p	All ages	Curriculum Signing
	7:00-8:00p	All Levels	Anyone is welcome to join regardless of age or rank
Saturday	10:00-10:30a	All Levels	Anyone is welcome to join regardless of age or rank
	10:30-11:00a	Weapons	This class is for anyone and any age interested in weapon training
	11:00-12:00a	All Ages	This class is designed for any age and any rank
	Some Saturdays and Sundays available for birthday parties Private lessons available for scheduling***		



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Certified



Corporation