



## THE ZEN LIFE CENTER TRAINING SCHEDULE

1425 TUSKAWILLA ROAD #181  
WINTER SPRINGS, FL 32708  
(407)-695-7555



	Times	Class Name	Class information
<b>Monday</b>	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 ages 4-6
	5:30-6:25p	Youth Class	This class is designed for students ages 6-12
	6:30-7:30p	Adult and Teens	This class is intended for students ages 13+ of any belt level
<b>Tuesday</b>	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 ages 4-6
	5:30-6:30p	Youth Class	This class is designed for students ages 6-12
	6:30-7:30p	Self-Defense	1 <sup>st</sup> Tues- General empty handed self defense 2 <sup>nd</sup> Tues- women's self-defense 3 <sup>rd</sup> Tues- defense involving close-ranged weapons (i.e. rope, knife, stick) 4 <sup>th</sup> Tues- defense against long-range weapons( i.e. bat, gun, rifle, grenade)
	7:30-8:30p	Adult Only	This class is <b>ONLY</b> for students 18 years +
<b>Wednesday</b>	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 ages 4-6
	5:30-6:25p	Youth Class	This class is designed for students ages 6-12
	6:30-7:30p	Adults and Teens	This class is intended for students ages 13+ of any belt level
	7:30-8:00p	Black Belt	This class is intended for Black Belt Training <b>ONLY</b>
<b>Thursday</b>	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 ages 4-6
	5:30-6:30p	Youth Class	This class is designed for students ages 6-12
	6:30-7:30p	Adult and Teens	This class is intended for students ages 13+ of any belt level
	7:30-8:30p	Adult Only	This class is <b>ONLY</b> for students 18 years +
<b>Friday</b>	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
	5:30-6:25p	All Levels	Anyone is welcome to join regardless of age or rank
	6:30-7:30p	All Levels	Anyone is welcome to join regardless of age or rank
<b>Saturday</b>	9:00-10:30a	Team Tournament Training	\$15 per training session. This class is intended for tournament training <b>ONLY</b> .
	10:30-11:00a	Youth Class	This class is designed for students at the beginner level
	11:00a-12:00p	All Ages	Anyone is welcome to join regardless of age or rank
	12:00-12:30p	Weapons	This class is for anyone and any age interested in weapon training.

**Some Saturdays and Sundays available for birthday parties**

**Private lessons available for scheduling\*\*\***