

The Zen Life Center's Class Schedule

In-School Weekly Schedule

Days	Times	Class Names	Class Information
Monday	5:00p-5:30p	All Levels	This class is designed for students of all Belt Levels and Ages
	5:30p-6:30p	All Levels – Kid Training	This class is designed for students 14 y/o and Younger of all Belt Levels
	6:30p-7:30p	All Levels – Family Training	This class is designed for students 15 y/o and Older and Families of all Belt Levels
Tuesday	5:00p-5:30p	All Levels	This class is designed for students of all Belt Levels and Ages
	5:30p-6:30p	All Levels – Kid Training	This class is designed for students 14 y/o and Younger of all Belt Levels
	6:30p-7:30p	All Levels – Family Training	This class is designed for students 15 y/o and Older and Families of all Belt Levels
	7:30p-8:30p	Adult Training Only	This class is designed for students 18 y/o and Older ONLY
Wednesday	5:00p-5:30p	All Levels	This class is designed for students of all Belt Levels and Ages
	5:30p-6:30p	All Levels – Kid Training	This class is designed for students 14 y/o and Younger of all Belt Levels
	6:30p-7:30p	All Levels – Family Training	This class is designed for students 15 y/o and Older and Families of all Belt Levels
	7:30p-8:30p	Black Belt Training	This class is designed for Black Belts ONLY
Thursday	5:00p-5:30p	All Levels	This class is designed for students of all Belt Levels and Ages
	5:30p-6:30p	All Levels – Kid Training	This class is designed for students 14 y/o and Younger of all Belt Levels
	6:30p-7:30p	All Levels – Family Training	This class is designed for students 15 y/o and Older and Families of all Belt Levels
	7:30p-8:30p	Adult Training Only	This class is designed for students 18 y/o and Older ONLY
Friday	5:00p-5:30p	All Levels	This class is designed for students of all Belt Levels and Ages
	5:30p-6:30p	All Levels – Kid Training	This class is designed for students 14 y/o and Younger of all Belt Levels
	6:30p-7:30p	All Levels – Family Training	This class is designed for students 15 y/o and Older and Families of all Belt Levels
Saturday	10:00a-10:30a	Beginner Levels	This class is designed for students of Beginner Belt Levels and all Ages
	11:00a-12:00p	All Levels	This class is designed for students of all Belt Levels and Ages
Some Saturdays and Sundays are available for birthday parties. Private Lessons are available for scheduling.			

The Zen Life Center's Class Schedule

Zoom Weekly Schedule

Days	Times	Class Names	Class Information
Wednesday	5:00p-5:30p	Kickboxing Training	This class is designed for Kickboxing Training
	5:30p-6:20p	All Levels	This class is designed for students of all Belt Levels and Ages
	6:30p-7:20p	All Levels	This class is designed for students of all Belt Levels and Ages
	7:30p-8:30p	Black Belts Only	This class is designed for Black Belts ONLY
Saturday	10:00a-10:30a	White Belts	This class is designed for All White Belts
	11:00a-12:00p	All Levels	This class is designed for students of all Belt Levels and Ages

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

Outside Class Weekly Schedule

Days	Times	Class Names	Class Information
Tuesday	6:00p-7:00p	All Levels	This class is designed for students of all Belt Levels and Ages
Thursday	6:00p-7:00p	All Levels	This class is designed for students of all Belt Levels and Ages

All outside classes will be located in the back parking lot of the Five Below & Bealls

Please call us for any questions: (407) 695-7555 / (407) 657-1212