

ETO CLASS BALANCE:

Each ETO class offers three components of fitness: cardiovascular endurance, muscular endurance and flexibility. This practice creates a balanced exercise program for students of all ages. In addition to the fitness drills, FUN and SAFETY is a must in every class

THE ETO CLASS SCHEDULE:

Monday:

Cardio Kick	5:00PM
Ages 5-8 All Belts	6:05 PM
Ages 9-13 Brown & Up	7:05 PM
Adults	8:05PM

Thursday:

Cardio Kick	5:00PM
Ages 5-8 All Belts	6:05PM
Ages 9-13 Blue & Under	7:05PM
Adults	8:05PM

Friday:

***Special Events/ Highlights

Saturday:

Cardio Kick	8:15 AM
Ages 5-8 All Belts	9:35 AM
Ages 9-13 All Belts	10:35 AM
Adults	11:35AM
*Scheduled Testing	1:00 PM

**Times vary by event*