The Respect Center
November 2008
Class Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM							
8:30 AM		Private Lesson Workouts (By appointment)	Private Lesson Workouts (By appointment)	Private Lesson Workouts (By appointment)	Heroes in Action® – School Smarts for School Assembly and classes – Street Smarts Lunch 'N Learn and seminars for businesses and corporations (when scheduled)	Private Lesson Workouts (By appointment)	Private Lesson Workouts (By appointment)
9:30 AM		Aerobic Defense Kickboxing	Aerobic Defense Kickboxing	Aerobic Defense Kickboxing		Aerobic Defense Kickboxing	Aerobic Defense Kickboxing
10:30 AM							White - Orange / New Student Orientation
11:30 AM							Green - Black
12:30 PM	**Available for Private Lessons Workouts (by appointment only), Birthday Parties, Seminars, Demos	Ray Amanat: Offers Training Programs including an excellent Survival Tactics Personal & Family Protection training program. He visits local schools, corporations, and organizations as a guest speaker for safety and wellness promoting his personal safety and fitness programs. Currently, he is advocating Heroes In Action® whose objective is to reach as many families and students in teaching assertive behavior in schools and to provide a safer learning environment so students can get an education and grow to become successful adults. His facilities are also available for birthday parties, lock-ins, or other special events for children. Have Mr. Amanat come to your school or work for a Lunch & Learn Safety Lecture. Mr. Amanat is available for Private Lesson Workouts by appointment only and can be scheduled at any time between 5:30 am to 9:00 pm, when there isn't a class or previous commitment. Private Lesson Workout is a 1-on-1 class with an instructor for a fee, scheduled in advance. New Private Lesson Workout available: Fitness Kickboxing 1-on-1 class – Train like a fighter (but without the fight!) For more information: call 314-427-KICK; visit the website, www.respectcenter.com, or email to: respectcenter@sbcglobal.net Remember: It's better to be trained and prepared for any type or level of violence and not have to use it than have no training and not be prepared. Don't wait to become a victim of violence before you decide to get any training.					Beginning Boxing* w/ Mr. Amanat / Green - Black
1:30 PM							
2:30 PM							
3:30 PM							
4:00pm →		New Student Orientation / Open	New Student Orientation / Open	New Student Orientation / Open	New Student Orientation / Open	New Student Orientation / Open	← 4:00pm
4:30 PM		Bootcamp Fitness Kickboxing	Tae Kwon Do	Bootcamp Fitness Kickboxing	Tae Kwon Do	Bootcamp Fitness Kickboxing	**Available for Private Lessons Workouts (by appointment only), Birthday Parties, Seminars, Demos
5:30 PM		Aerobic Defense Kickboxing / Boxing Women & Kids w/ Coach Wayne	Aerobic Defense Kickboxing / Boxing Women & Kids w/ Coach Wayne	Aerobic Defense Kickboxing / Boxing Women & Kids w/ Coach Wayne	Aerobic Defense Kickboxing / Boxing Women & Kids w/ Coach Wayne	Aerobic Defense Kickboxing	
6:30PM		Tae Kwon Do / Boxing Adults - Beginners w/ Coach Wayne	Mixed Martial Arts Survival Tactics / Boxing Adults - Beginners w/ Coach Wayne	Tae Kwon Do / Boxing Adults - Beginners w/ Coach Wayne	San Budo Kenjutsu (Mr. Insley Stiles, Instructor) / Mixed Martial Arts Survival Tactics / Boxing Adults - Beginners w/ Coach Wayne	Mixed Martial Arts Survival Tactics	
7:30PM		Aerobic Defense Kickboxing / Boxing Adults - Advanced w/ Coach Wayne	Aerobic Defense Kickboxing / Boxing Adults - Advanced w/ Coach Wayne	Aerobic Defense Kickboxing / Boxing Adults - Advanced w/ Coach Wayne	Bootcamp Fitness Kickboxing / Boxing Adults - Advanced w/ Coach Wayne		*Unless exam, tournament, seminar meeting, or demos when scheduled
8:30 PM		Kickboxing Full Contact Training	Tae Kwon Do Adults	Kickboxing Full Contact Training	Tae Kwon Do Adults		

Ray Amanat, Chief Instructor

(314) 427-KICK
(5425)

revised 10/30/08