



CHAMBERLAIN STUDIOS OF SELF DEFENSE™

KENPO JIU-JITSU KARATE • CHALKLINE FITNESS • SELF DEFENSE • BIRTHDAY PARTIES

Martial Arts & Fitness Class Schedule

Lakewood In-Person Class Schedule - FALL 2020

Kenpo Karate Unlimited Monthly Classes	M	Tu	W	Th (In Dojo)	Th (At Tietze Park)	Saturday (At Flag Pole Hill)
Kids Age 4-6: \$135/mo	4:30p - 5p (Shihan Rollend)	4:30p - 5p (Professor)	4:30p - 5p (Shihan Rollend)	4:30p - 5p	4:30p - 5p (Sensel Genevieve)	9a - 9:30a (Rotating Instructors)
Kids Age 7-11: \$155/mo Beginners (White - Yellow)	5:15 - 5:45p (Shihan Rollend)	5:15 - 5:45p (Professor)	5:15 - 5:45p (Shihan Rollend)	5:15 - 5:45p	5:15 - 5:45p (Sensel Genevieve)	9a - 9:45a (Rotating Instructors)
Kids Age 7-11: \$155/mo Intermediate (Orange - Purple)	6p - 6:30p (Shihan Rollend)	6p - 6:30p (Professor)	6p - 6:30p (Shihan Rollend)	6p - 6:30p	6p - 6:30p (Sensel Genevieve)	9a - 9:45a (Rotating Instructors)
Kids Age 7-11: \$155/mo Advanced (Blue & Up) & Tweens (All Ranks)	6:45p - 7:15p (Shihan Rollend)	6:45p - 7:15p (Professor)	6:45p - 7:15p (Shihan Rollend)	6:45p - 7:15p	6:45p - 7:15p (Sensel Genevieve)	9a - 9:45a (Rotating Instructors)
Storytime with Shihan Rollend! (All Ages)						9:45a - 10a
Adults (All Ranks): \$155/mo	7:30p - 8:30p (Shihan Rollend)	12p - 1p (At Flag Pole Hill - Sensel Kellyn) & 7:30p - 8:30p (Professor)	12p - 1p (Sensel Kellyn) & 7:30p - 8:30p (Shihan Rollend)	12p - 1p (Sensel Kellyn)	7:30p - 8:30p (Sensel Genevieve)	10a - 11a (Rotating Instructors)
Kids Belt Testing	Last Friday of each month (<i>Aug 28th, Sept 25th, Oct 30th, Nov 20th, & Dec 18th</i>) 6:30p-8p via ZOOM or TBD in person. (Nov & Dec dates moved for holidays) (Monthly Stripping - in class, last week of the month)					
Kung Fu Class (Available to Leadership Students)	2nd Tuesday of the month - <i>Aug 11th, Sept 8th, Oct 13th, Nov 17th & Dec 8th</i> (Lakewood Dojo) 6p - 7p OUTSIDE - (Sensel Kellyn)					

Bachman In-Person Schedule - FALL 2020

Kenpo Karate Unlimited Monthly Classes	M	Tu	W	Th	Saturday (At Bachman Lake Park)
Kids Age 4-6: \$135/mo		4:30p - 5p (Shihan Rollend)		4:30p - 5p (Shihan Rollend)	9a - 9:30a (Sensel Les)
Kids Age 7-11: \$155/mo Beginners (White - Yellow)		5:30 - 6p (Shihan Rollend)		5:30 - 6p (Shihan Rollend)	9a - 9:45a (Jim Adcox)
Kids Age 7-11 (Int/Advanced) Tweens (All Ranks) : \$155/mo		6:30 - 7p (Shihan Rollend)		6:30 - 7p (Shihan Rollend)	9a - 9:45a
Adults (All Ranks): \$155/mo	7:30p - 8:30p (Sensel's Glenn & Gina)	7:30p - 8:30p (Shihan Rollend)	6p - 7p (Sensel Les)	7:30p - 8:30p (Shihan Rollend)	Adult Fitness: 7:30a - 8:45a (Sensel Jimmy) Adult Kenpo: 10a - 11a (Sensel Les)
Kids Belt Testing	Last Friday of each month (<i>Aug 28th, Sept 25th, Oct 30th, Nov 20th, & Dec 18th</i>) 6:30p-8p via ZOOM or TBD in person. (Nov & Dec dates moved for holidays) (Monthly Stripping - in class, last week of the month)				
Kung Fu Class (Available to Leadership Students)	Last Wednesday of the month - <i>Aug 26th, Sept 30th, Oct 28th, Nov 18th & Dec 16th</i> (Bachman Dojo - Outside) 5p - 6p - (Sensel Kellyn)				

2114 Kidwell St. Dallas, TX 75214

Tuition: \$95/mo for 1x per week or \$135-\$155/mo for unlimited group classes; \$75-\$200/hr for private lessons

\$60 Single Registration (\$20 annual); \$75 Family Registration (\$35 annual)

Uniforms - Kids \$35; Adults \$45 (\$160 - heavy weight)

www.DallasKenpo.com

214-351-5367



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