



**1412 FL GA Highway
Havana, FL 32333
www.upkudo.com
(850) 514-4334**

Fall 2009 CLASS SCHEDULE

*Master Anne Radke - Master Trainer for Karate, Kickboxing, Self Defense,
Personal Training and Youth Fitness*

*Class Instructors: Sensei Lisa Roddenberry - Sensei Liz Tatum,
Sensei Bernie Ross ~ Mr. Brandon Keefer*

*Assistant Instructors to the class instructors: Ms. Bree Crowley-Ms Genine Gerald
Sensei Debbie and Ms Tracy Cornick*

upkudo.com

514-4334

566-4544

8/09

Monday

**1 PRIVATE
LESSONS WITH**
*Master Anne or
Sensei Lisa*

2 4-5 pm
Children's Classes
Ages 6-12
**Sensei Lisa
& Assistants**

3 6:00 - 7:00pm
Beginner and
Intermediate Kickboxing,
Conditioning, & Body
toning class.
Sensei Lisa

4 6-6:30 pm
Children's Classes
Ages 3-6
6:00 - 7:00pm
Children Ages 6-12
Beginner Karate
Ms Bree or SenSei Bernie

Tuesday

5 4-4:45 pm
Children's Classes Ages 6-12
Sensei Lisa

6 6:00 - 7:00pm
Ages 6-12
Childrens Karate
Sensei Lisa

7 6:00 - 7:00pm
Zumba Fitness
Dance Workout
Lydia Clark

8 7:00 - 8:00pm
Adult/Teen
Karate
Master Anne

Wednesday

9 4-5 pm
Children's Classes Ages 6-12
Sensei Lisa

10 6:00-7:00 pm
Beginners Children's
Karate Ages 6-12
Mr. Brandon

11 6:00-7:00 pm
Kickboxing
Weight Training
& Floor Routines
Body, Balance, Speed,
Coordination and Agility
Beginners Class
Ms. Sonia

Thursday

**12 PRIVATE
LESSONS WITH**
*Master Anne or
Sensei Lisa*
3:30-4:00 pm

14 4-5 pm
Children's Classes-Ages 6-12
**Sensei Liz
& Assistants**

15 6:00-7:00pm
Kickboxing
Weight Training
& Floor Routines
Body, Balance, Speed,
Coordination and Agility
Master Anne

16 7:00 - 8:00 pm
Adult/Teen
Karate: Kata,
Master Anne

Testing days are by appointment only!
See Master Anne or your instructor for the days and times.
\$75 annual registration fee for all students

**Ask Master Anne or Sensei Lisa about Personal Training or Private Lessons
Small Group Fitness, and Self Defense Seminars on Monday-Friday
Gift Certificates Available**

After School Program \$225 month

**5 days a week - 3 karate classes a week and 2 days of fitness training
for Springwood, Canopy Oaks, Havana Elementary,
Astoria Park and North Florida Christian, Tallavana Christian Academy**

F	\$40 month-1 time a week for 30 min
E	\$60 month for 1 hr class ea. week
E	\$75 a month for 2 1 hr. classes a week
S	\$85 a month for 3 classes a week

Pay in advance every 3 months and annual registration is waived Per class fee is \$15
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