

# THE TRAINING STATION CLASS SCHEDULE HARDWOOD MAT FLOOR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

## MORNING CLASSES / AFTERNOON

6:00AM TO 7:00AM	Kickboxing		Kickboxing		Kickboxing	
7:00AM TO 8:00AM						
8:00AM TO 9:00AM	8:30-9:15 Kickboxing		8:30-9:15 Kickboxing			
9:00AM TO 10:00AM						Kickboxing
10:00AM TO 11:00AM	10:15-11:00 Zumba					Kung Fu Jr. All Ranks
11:00AM TO 12:00PM						Kung Fu Adult
12:00PM TO 1:00PM	Kickboxing		Kickboxing		Kickboxing	
3:00PM TO 5:00PM		Wrestling		Wrestling		

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

## EVENING CLASSES

4:00PM TO 5:00PM	4:15-5:00 Kickboxing		4:15-5:00 Kickboxing			
5:00PM TO 6:00PM	4:30-5:30 Jr. Kung Fu	5:30-6:15 Kickboxing	4:30-5:30 Jr. Kung Fu		5:30-6:15 Kickboxing	Kung Fu Junior
6:00PM TO 7:00PM	5:30-6:15 Zumba		5:30-6:15 Zumba			Kung Fu Advanced Junior
7:00PM TO 8:00PM	6:15-7:00 Kickboxing		6:15-7:00 Kickboxing & Beginner Sparring			
8:00PM TO 9:00PM			7:00-7:30 Weapons 7:30-8:30 Kung Fu Advanced	7:00-8:30 Open Grappling		

# THE TRAINING STATION

Martial Arts - Kickboxing - MMA - Personal Training

200 ELM STREET  
MANCHESTER, NH 03101

603-505-0048

[WWW.THETRAININGSTATIONNH.COM](http://WWW.THETRAININGSTATIONNH.COM)

## TRAINERS / INSTRUCTORS

■ Terry Dow
 ■ Christina Davidson
 ■ Aaron Butler
 ■ Christine Miller

# THE TRAINING STATION CLASS SCHEDULE BLUE/RED MAT FLOOR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## MORNING CLASSES

9:00AM  
TO  
10:00AM

10:00AM  
TO  
11:00AM

11:00AM  
TO  
12:00PM

12:00PM  
TO  
1:00PM

	9:30-11:00 Kung Fu			9:30-11:00 Kung Fu	9:15-10:00 Kenpo Open Kids
			Tai Chi		10:00-12:00 Open Grappling
	Kenpo		Kenpo		Tai Chi

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## EVENING CLASSES

5:15PM  
TO  
6:00PM

6:00PM  
TO  
7:00PM

7:00PM  
TO  
8:00PM

8:00PM  
TO  
9:00PM

Kenpo Teen	Kenpo Kids	Kenpo Teen	Kenpo Kids		
Kung Fu Adult	Sparring Kickboxing	Kung Fu Adult	Sparring Kickboxing		
Kenpo Adult	Tai Chi	Kenpo Adult	Kung Fu		
Kenpo Advanced	Internal Arts	Kenpo Advanced	Yi Chuan		

## TERRY DOW



- 5th Degree Black Belt under Superfoot Systems
  - 4th Degree Black Belt Multi-Cultural Arts
  - 3rd degree Black belt Shaolin Kenpo
  - 1st degree black belt Kosho Ryu Kenpo - Bruce Juchnik, Hanshi
- Styles Studied: Kenpo, DePasquale Jujitsu, Kosho Ryu, Superfoot systems Kickboxing, Catch Wrestling, Stick and knife fighting systems, Silet

## CHRISTINA DAVIDSON



- 3rd Degree black belt in Tae Kwando
  - 2nd degree black belt kenpo, Jujitsu, kickboxing under Terry Dow
  - 2nd degree black belt under Superfoot Systems
  - Certified Personal Trainer - NASM Certified
- Styles Studied: Tae Kwon Do, Kenpo, Jujitsu, Kickboxing' Superfoot Systems Kickboxing

## AARON BUTLER



- 3rd degree black belt in Kenpo.
  - 2nd degree black sash in Kung Fu.
  - Began studying at age 8.
- Styles Studies: Internal Arts; Tai Chi, Bagua Zhang, and Xing Yi Chuan. Cross trained in Shaolin Longfist and Hung Gar Kung Fu & Kenpo Karate under Master James Rath and Instructor Tess Rath, Ju Jitsu, Boxing

## CHRISTINE MILLER



- ACE (American Council on Exercise) Certified Personal Trainer since April 2006.
- Bachelor of Fine Arts Degree in Dance from FSU.
- Zumba Certified
- 21 Point Yoga Certified
- CPR Certified