



Master Agon's Mile High Perfect Balance
South Miami Location
5900 Sunset Drive, South Miami 33143

Classes	A			B		Kick it – High Energy
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Orientation</i>		4:00 – 4:20	6:10 – 6:30	5:00 – 5:20		
<i>Introductory</i>	4:00 – 4:30	6:10 – 6:40	4:00 – 4:30	6:10 – 6:40	4:00-4:30	9:00 – 9:30
<i>Mini Tigers</i>	3:15 – 3:45	5:30 – 6:00	3:15– 3:45	5:30 – 6:00		9:00 – 9:30
<i>Leadership Level 2</i>	6:10 – 6:55	4:30 – 5:15	5:00 – 5:45	7:00 – 7:45		
<i>Leadership Level 3</i>	5:00 – 5:45	7:00 – 7:45	5:00 – 5:45	7:00 – 7:45		
<i>BBL</i>					5:00 – 5:30	10:00 – 10:30
<i>MMA</i>	7:00 – 7:45		7:00 – 7:45			

Students are expected to:

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| <ol style="list-style-type: none"> 1. Arrive 10 – 15 minutes prior to class 2. Attend two times per week 3. Show respect for instructors and fellow students 4. Keep uniform clean and pressed, wear no jewelry 5. Place shoes and jackets neatly in dressing rooms or cubicles 6. Comply with qualification code & complete intent to promote letters | <ol style="list-style-type: none"> 7. Maintain a high level of consistency in class attendance 8. Display black belt attitude & commitment 9. Maintain high performance in school work 10. Practice daily 10 to 15 minutes 11. Always show respect to Mom and Dad 12. Attend all intramural tournaments |
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Orientation Classes (White belts)
Mini Tigers (ages 3 & 4)
Introductory Classes (White – Yellow adv.)
Leadership level 2 (Gold – Green Advanced)
Leadership Level 3 (Blue – Brown Advanced)
MMA (Mixed Martial Arts)
BBL (Black Belt Leadership)

White Belt

What You Say When You Talk To Yourself
Shed Hemstetter, Ph. D

Gold Belt

Psychology of Winning
Dr. Denis Waitley

Orange Belt

Maximum Achievement
Brian Tracy

Green Belt

7 Habits of Highly Effective People
Covey

Purple Belt

Unlimited Power
Tony Robins

Blue Belt

Awaken the Giant Within
Tony Robins

Advanced Blue Belt

The West Point Way of Leadership
Col. Larry Donnithorn

Against All Odds

Chuck Norris

Advanced Red Belt

The New Dynamics of Goal Setting
Dr. Dennis Waitley

TALK TO MS. AGON ABOUT BIRTHDAY PARTIES!