

# Full Circle Martial Arts Academy - Adventure Camp

## Sample Week:

	MON	TUE	WED	THUR	FRI
7:30-8:00 AM	Drop Off/Circle Time	Drop Off/Circle Time	Drop Off/Circle Time	Drop Off/Circle Time	Drop Off/Circle Time
8:00 - 9:00 AM	Art Exploration: Drawing Games	Art Exploration: Nature Inspired	Art Exploration: Building It	Art Exploration: Music Creation	Art Exploration: Culture Crafts
9:00-11:00 AM	Adventure Time: Hiking	Adventure Time: Disc Golf	Adventure Time : Bike Ride	Adventure Time: Local Exploration	Adventure Time: Sports Exploration
11:00 - 11:30 AM	Snack/Free Time	Snack/Free Time	Snack/Free Time	Snack/Free Time	Snack/Free Time
11:30 - 12:00 PM	Martial Arts & Movement	Martial Arts & Movement	Martial Arts & Movement	Martial Arts & Movement	Martial Arts & Movement
12:00-12:30 PM	Pick-Up/Meditation Time	Pick-Up/Meditation Time	Pick-Up/Meditation Time	Pick-Up/Meditation Time	Pick-Up/Meditation Time