



ACTION MARTIAL ARTS



Class Schedule

Effective – February 2012

Try it out! Schedule your 1st FREE class! ★Unlimited Classes ★Drop-in Scheduling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red Warriors 4, 5 & 6 yrs. (white belt – green belt)		4:15-4:45		4:15-4:45		
Blue Warriors 4, 5 & 6 yrs. (Blue belt – Black belt)		4:15-4:45		4:15-4:45		
Open Noon Class	12:00-12:45		12:00-12:45			
Basic (white, yellow, sr. yellow)	6:15-6:45	4:45-5:15	5:00-5:30	4:45-5:15	5:00-5:30	
Gladiators (white, yellow, sr. yellow)	6:15-7:00	4:45-5:30	5:00-5:45	4:45-5:30	5:00-5:45	10:00-10:45
Spartans (Jr. Green – Sr. Blue)	4:45-5:30	5:30-6:15	5:00-5:45	5:30-6:15	5:00-5:45	<u>Sparring</u> 11:00-12:00
Titans (Jr. Red – Black Belt)	5:30-6:15	6:15-7:00	5:00-5:45	6:15-7:00	5:00-5:45	<u>Sparring</u> 11:00-12:00
Master's Class					<u>Weapons</u> 6:30 – 7:15	
Teen/Family Class	7:00-7:45	7:00-7:45	5:00-5:45	7:00-7:45	5:00-5:45	<u>Sparring</u> 12:00-1:00 (Jr. Green – BBL)
Black Belt Only			5:45 – 6:30		5:45 – 6:30	
CAGE FITNESS	<u>10 – 10:30am</u> 7:45-8:15pm	7:45-8:15pm	<u>10 – 10:30am</u> 6:30-7:00pm	7:45-8:15pm	10-10:30am	

Master's Classes are highlighted in purple ★Must be enrolled in this program to attend★

6 month Introductory students dismissed 15 minutes early (except Warriors and Spartans)