



Pendergrass Academy of Martial Arts

12339 Wake Union Church Rd. St. 104

Wake Forest, NC 27587

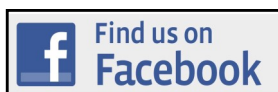
919.819.1908

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning BJJ Fundamentals			6:15-7:15 AM		6:15-7:15 AM	
Daytime BJJ Fundamentals	12:00-1:00 PM		12:00-1:00 PM (No-Gi)		12:00-1:00 PM	
Little Champions Kids-Jitsu		5:45-6:30 PM		5:45-6:30 PM		9:00-9:45 AM
Black Belt Club (Kids)	5:45-6:30 PM (No-Gi) Junior Champions		5:45-6:30 PM (No-Gi) Little Champions			
Junior Champions Kids-Jitsu		6:30-7:15 PM		6:30-7:15 PM		9:45-10:30 AM
Teen's Brazilian Jiu Jitsu		6:30-7:30 PM		6:30-7:30 PM		
Brazilian Jiu Jitsu Fundamentals (Adults)	6:30-7:15 PM		6:30-7:15 PM			
Brazilian Jiu Jitsu Black Belt Club (Adults)	7:30-9:00 PM (No-Gi)	7:30-9:00 PM		7:30-9:00 PM		
BJJ All Levels Open Mat						9:00-11:00 AM
Muay Thai	6:30-7:30 PM Fundamentals		7:30-9:00 PM Fund & Fighter			11:00-12:30 PM Fund & Fighter
Zumba	7:30-8:30 PM		7:30-8:30 PM			

PENDERGRASS ACADEMY OF MARTIAL ARTS ACADEMY'S POLICIES

- PROPER TRAINING GEAR IS REQUIRED FOR ALL MUAY THAI CLASSES.
- PROPER UNIFORM MUST BE WORN IN CLASS.
- ALL SPARRING GEAR MUST BE PURCHASED THROUGH THE ACADEMY.
- SPECTATORS, PLEASE MAINTAIN A REASONABLE VOICE LEVEL WHILE CLASSES ARE IN SESSION.
- ABSOLUTELY NO SHOES ON THE MAT.
- DEPOSITS ARE REQUIRED FOR ALL ORDERS.
- ORDERS ARE PLACED AT THE BEGINNING AND END OF THE MONTH.
- ALL MEMBERS ARE TO BE COURTEOUS AND RESPECTFUL TO EACH OTHER ON AND OFF THE MAT.

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3 Classes for
\$19.95**



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