

CORTEZ MARTIAL ARTS

209-823-2662

CLASS SCHEDULE

KENPO & Life Skills						
TIGERS Ages 4-6	Monday NO CLASS	Tuesday 4:00-5:00	Wednesday NO CLASS	Thursday 4:00-5:00	Friday NO CLASS	Sat AM 9:30 AM (SPARRING)
KOSHO-RYU—Self Defense						
KENPO Ages 7&Up	Monday 6:00-6:50	Tuesday 5:00-6:00	Wednesday NO CLASS	Thursday 5:00-6:00	Friday NO CLASS	Sat AM 9:30 AM (SPARRING)
GRACIE JIU-JITSU—Self Defense						
KID JITSU Ages 5-10 BEGINNER	Monday NO CLASS	Tuesday 6:10 – 7:00	Wednesday NO CLASS	Thursday 6:10 - 7:00	Friday NO CLASS	Sat/Sun NO CLASS
KID JITSU Ages 5-10 ALL LEVELS	4:10 – 5:00	NO CLASS	4:10 – 5:00	NO CLASS	5:00 – 6:00	NO CLASS
YOUTH JITSU Ages 11-14	5:00 – 6:00	NO CLASS	5:00 – 6:00	NO CLASS	4:00 – 5:00	NO CLASS
ADULTS ALL LEVELS	7:00–8:30PM	7:00–8:30PM	11:00-12:30 6:30–8:00PM	7:00–8:30PM	11:00-12:30 6:10 PM/OPEN MAT	NO CLASS
MUAY THAI—Self Defense						
KIDS/YOUTH Ages 5 - 14	Monday 6:00 – 7:00	Tuesday NO CLASS	Wednesday 6:00 – 7:00	Thursday NO CLASS	Friday NO CLASS	Sat/Sun NO CLASS
ADULTS	4:00 – 5:00	6:00 – 7:00	4:00 – 5:00	6:00 – 7:00	NO CLASS	NO CLASS
FIGHTER FIT 13 yrs & Up						
Full Body Workout Using BOXING(B), Weights(W), Muay Thai (MT), Calisthenics (C) & Medicine Ball (MB)	Monday 5:30-6:20pm <u>B, W, C</u>	Tuesday 5:30-6:20pm <u>MT, W, C</u>	Wednesday 5:30-6:20pm <u>B, W, C</u>	Thursday 5:30-6:20pm <u>MT, W, C</u>	Friday NO CLASS	Sat AM 8:30 – 9:20 am <u>Coaches choice</u>
	6:30-7:20pm <u>B, MB, C</u>	6:30-7:20pm <u>B, W, C</u>	6:30-7:20pm <u>B, MB, C</u>	6:30-7:20pm <u>B, W, C</u>		

