



Training Schedule

Effective: January 1st, 2019

Please Note!
White – Green Belt Students
are only permitted to attend
1 Training Session per day

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--|------------------------------------|------------------------------------|------------------------------------|---|---|
| 8:00am To 9:00am | | All Belt All Ages | | All Belt All Ages | | 9:00am-10:00am Review Class (Rec. BB & Above) |
| 4:30pm To 5:10pm | All Belt Kids (Ages 4-9) | All Belt Kids (Ages 4-9) | All Belt Kids (Ages 4-9) | All Belt Kids (Ages 4-9) | | 10:00am – 10:50am Leadership Team Blue Belt & Above (must attend to assist with Classes) |
| 5:15pm To 6:00pm | Beginner (Ages 4–11) | Intermediate / Advanced (All Ages) | Beginner (Ages 4–11) | Intermediate / Advanced (All Ages) | All Belt (All Ages) | 11:00am – 11:45am All Belt (All Ages) |
| 6:00pm To 7:00pm | Intermediate / Advanced (All Ages) | Beginner (All Ages) | Intermediate / Advanced (All Ages) | Beginner (All Ages) | Kids Sparring Class (Yellow 1 st & Above) Ages 4 - 9 | Birthday Parties! We have the most EPIC parties! Members Receive \$50.00 off 3 Different Party Themes |
| 7:00pm To 8:00pm | Advanced / Elite (Rec. BB & Above) | All Belt Adult (Ages 10 & Above) | All Belt Adult (Ages 10 & Above) | All Belt Adult (Ages 10 & Above) | All Belt Adult / Sparring (Ages 10 & Up) | We Do ALL Of The Set-Up And Clean-Up! We Run The Party! You Have The FUN! |

Important Notes!

Recommendation Belts: Please Attend The Class That Will Teach The Curriculum You Need.
• White – Green Belts: Beginner Class, Green 1st & Up: Intermediate/Advanced Class, Rec. BB & Up: Advanced/Elite
Leadership: All Students Blue Belt & Above Are Encouraged To Join Leadership Class.

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8002 N. Lindbergh Blvd Hazelwood, MO 63042 | www.wmaah.com | Email: hzwmaa@gmail.com |

Phone: (314) 921-9000