

MARTIAL ARTS CLASS SCHEDULE

COMPANY

<u>Class</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Tiny Tiger Cubs	3:30 – 4:00	5:30 – 6:00	3:30 – 4:00	5:30 – 6:00		9:00 – 9:30am
Tiger Cubs	3:30 – 4:15	5:00 – 5:45	3:30 – 4:15	5:00 – 5:45		9:00 – 9:45am
Phase 1 (White – Orange)	6:00 – 6:45	3:30 – 4:15	6:00 – 6:45	3:30 – 4:15		9:45 – 10:45am
Phase 2 (Green – Purple)	5:15 – 6:00	4:15 – 5:00	5:15 – 6:00	4:15 – 5:00		
Phase 3 (Brown - Black)	4:15 – 5:15	5:45 – 6:45	4:15 – 5:15	5:45 – 6:45		
Fitkick		6:45 – 7:30	8:30 – 9:15am	6:45 – 7:30	8:30 – 9:15am	
Adults		7:30 – 8:30	7:30 – 8:30am	7:30 – 8:30	7:30 – 8:30am	
Fundamental Kickboxing	6:45 – 7:30					
Advanced Kickboxing	7:30 – 8:15					
Weapons					3:30 – 4:30	
Sparring					4:30 – 5:30	
Master's Club					5:30 – 6:30	
Hyper			6:45 – 7:30			10:45 – 11:30am
MAC Elite			6:45 - 7:30		6:30 – 7:15	
Teen		4:15-5:00				

NEW SCHEDULE WILL BE IN EFFECT JANUARY 3, 2017