

MAIN STREET MARTIAL ARTS

New Schedule of Classes

Effective 2/15/2010

	Mon	Tues	Wed	Thurs	Fri
TKD Program (ages 4-Up)					
3:10-3:30	Introductory Class New Students		Introductory Class New Students		
3:30-4:10	Kids White, Yellow, Orange	TKD SPARRING CLASS (Sparring Gear Required) 3:30-4:30	Kids White, Yellow, Orange	Kids White, Yellow, Orange	
4:20-5:00	Kids Green & Purple		Kids Green & Purple	Kids Green & Purple	
5:10-5:50	Kids Blue, Red & Black Belts	Black Belt & Recom. BB Leadership Class 4:30-5:30 MAT 2	Kids Blue, Red & Black Belts	Kids Blue, Red & Black Belts Mat 2	
6:00-6:45	Dragons TKD (ages 10 & Up)		Dragons TKD (ages 10 & Up)	Dragons TKD (ages 10 & Up) Mat 2	
Adult & Teen Program (ages 10-adult)					
5:00-6:00		Beginning Kenpo (Fundamentals)		Beginning Kenpo (Fundamentals)	SATURDAY Morning 9:30-10:30 street-wise sparring (Gear required) Teen/Adult Program Only
6:00-7:00		Intermediate/ advanced Kenpo-JKD- Jujitsu- Street MMA (Applications)		Intermediate/ ad- vanced Kenpo-JKD- Jujitsu- Street MMA (Applications)	
7:15-9:00		MMA Submission/ Cage Fighting		MMA Submission/ Cage Fighting	