

# MAIN STREET MARTIAL ARTS - SCHEDULE OF CLASSES (eff. June 2010)

	Mon	Tues	Wed	Thurs	Fri
<h2 style="margin: 0;">TKD Program</h2> <p style="margin: 0;">(ages 4-Up)</p>					
<b>3:30-4:10</b>	Kids White, Yellow, Orange	SPARRING CLASS (Sparring Gear Required) <b>3:15-4:15</b>	Kids White, Yellow, Orange	KARATE KIDS <b>3:30-4:15</b>	Kids White, Yellow, Orange
<b>4:20-5:00</b>	Kids Green, Purple	Black Belt & Recommended BB ONLY <b>4:15-5:00</b>	Kids Green, Purple		Kids Green, Purple
<b>5:10-5:50</b>	Blue, Red & Black Belts		Blue, Red & Black Belts		Blue, Red & Black Belts
<b>6:00-6:45</b>	Dragons TKD (ages 10 & Up)		Dragons TKD (ages 10 & Up)		Dragons TKD (ages 10 & Up)
<h2 style="margin: 0;">Adult &amp; Teen Program</h2> <p style="margin: 0;">(ages 10-adult)</p>					
<b>5:00</b> (60 min) Mat 2		Adult/Teen Beg/Intermed. Kenpo-JKD- Jujitsu-Street MMA		Adult/Teen Beg/Intermed. Kenpo-JKD- Jujitsu-Street MMA	<b>SATURDAY Morning 9:30-10:30</b> street-wise sparring (Gear required)  Must clear with instructor before attending
<b>6:00</b> (75 min) Mat 1		Intermediate & advanced Kenpo-JKD- Jujitsu-Street MMA (Fundamentals)		Intermediate & advanced Kenpo-JKD- Jujitsu-Street MMA (Fundamentals)	
<b>7:15</b>		MMA Submission "Cage" Fighting (UFC style)		MMA Submission "Cage" Fighting (UFC style)	<b>Saturday 1:00-3:00</b>