



KICKSIDE MARTIAL ARTS

Montgomery Schedule

Effective 9/3/2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|
| PRIVATE LESSONS <i>Available</i> | 9:30 – 11:00 AM MMA Fight Team <i>Invite only</i> | PRIVATE LESSONS <i>Available</i> | 9:30 – 11:00 AM MMA Fight Team <i>Invite only</i> | PRIVATE LESSONS <i>Available</i> | PRIVATE LESSONS <i>Available</i> |
| 4:45 – 5:30 White – Sr. Blue <i>Juniors</i> | 4:00 - 4:45 PM Sword / Weapons | 4:45 – 5:30 White – Sr. Blue <i>Juniors</i> | 4:45 – 5:30 PM Brown – Sr. Red <i>Juniors</i> | 5:30 – 6:15 White – Sr. Yellow <i>Juniors</i> | 8:45 – 9:45 AM MMA <i>All ages</i> |
| 5:30 – 6:00 <i>Little Kickers</i> | 4:45 – 5:30 Brown – Sr. Red <i>Juniors</i> | 5:30 – 6:00 <i>Little Kickers</i> | 5:30 – 6:15 Demo Team | 6:15 – 7:00 Green – Sr Red <i>Juniors</i> | 8:45 – 9:15 <i>Little Kickers</i> |
| 5:30 – 6:15 MMA <i>Juniors</i> | 5:30 – 6:15 Demo Team | 5:30 – 6:15 MMA <i>Juniors</i> | 5:30 – 6:15 White – Sr. Blue <i>Juniors</i> | 6:15 – 7:00 Black Belts, All Ranks <i>Teens/Adults</i> | 9:15 – 10:00 White – Sr. Blue <i>Juniors</i> |
| 6:15 – 7:15 Brown & Above <i>Juniors</i> | 5:30 – 6:15 White - Sr. Blue <i>Juniors</i> | 6:15 – 7:15 Brown & Above <i>Juniors</i> | 6:15 – 7:15 BLACK BELTS | | 10:00 – 10:45 Brown & Above <i>Juniors</i> |
| 6:15 – 7:15 All Ranks <i>Teens/Adults</i> | 6:15 – 7:15 BLACK BELTS | 6:15 – 7:15 All Ranks <i>Teens/Adults</i> | 6:15 – 7:15 All Ranks <i>Teens/Adults</i> | | 10:00 – 10:45 All Ranks <i>Teens/Adults</i> |
| 7:15 – 8:00 MMA Striking | 6:15 – 7:15 All Ranks <i>Teens/Adults</i> | 7:15 – 8:00 MMA Striking | 7:15 – 8:00 Sword / Weapons | | |
| 8:00 – 8:45 MMA Fight Team | | 8:00 – 8:45 MMA Fight Team | | | BIRTHDAY PARTIES |