



# MONTGOMERY MARTIAL ARTS

(Effective July 5, 2011) Questions Call 609-430-0513



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:45 – 4:15 Kinder Kicks	3:45 – 4:15 Little Dragons	3:45 – 4:15 Kinder Kicks	3:45 – 4:15 Little Dragons	Private Lessons	9:00 – 10:00 Teen & Adults All Ranks
4:15 – 5:00 White - Sr. Yellow	4:15 – 5:00 Green – Red (Sparring class)	4:15 – 5:00 White Belts	4:30 – 5:15 Green – Sr. Blue	Private Lessons	10:00 – 11:00 MMA/Kickboxing
5:00– 5:45 Brown - Red	5:00 – 5:45 Yellow & Sr. Yellow	5:00 – 5:45 Green – Sr. Blue	5:15 – 6:00 White - Sr. Yellow	4:45 – 5:30 White – Sr. Yellow	11:00 – 11:45 Green – Sr. Blue
5:45 – 6:30 Sr. Red & Black	5:45 – 6:30 White Belts	5:45 – 6:30 Yellow & Sr. Yellow	6:00 – 6:45 Brown – Sr. Red	5:30 – 6:15 Green – Sr. Blue	11:45 – 12:30 Brown & Above
6:30– 7:15 Green – Sr. Blue	6:30 – 7:00 Black Belt Club A	6:30 – 7:15 Brown and Up	6:45 – 7:15 Black Belt Club B & C	6:15 – 7:00 Brown & above	12:30 – 1:15 White – Sr. Yellow
7:15 – 8:15 Adults & Teen All Ranks	7:00 – 7:45 Black Belts	7:15 – 8:15 Adults & Teens All Ranks	7:15 – 8:15 Adults & Teens All Ranks	7:00 – 7:45 Teen & Adults All ranks	1:15 – 1:45 Kinder Kicks & Little Dragons
8:30 – 9:30 MMA/Kickboxing	7:45 – 8:45 Adults & Teens All Ranks	8:30 – 9:30 MMA/Kickboxing	Private Lessons	Private Lessons	<b>Birthday Parties!</b> <b>2:00 – 3:30</b> <b>All inclusive!</b>

For closings, holidays, snow days, etc. check our site! [WWW.MONTGOMERYKICK.COM](http://WWW.MONTGOMERYKICK.COM)

*MMA/Kickboxing is for ages 15 and up – no martial arts experience required*