



MONTGOMERY MARTIAL ARTS



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

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

For closings, holidays, snow days, etc. check our site! WWW.MONTGOMERYKICK.COM
MMA/Kickboxing is for ages 15 and up – no martial arts experience required