

Professional Martial Arts Training Center

Class Schedule 2009 Winter

Monday	Tuesday	Tuesday	Weds	Thursday	Friday	Saturday	Saturday
							Private Lesson 9:00am
				Adult 9:15-10:15am			MMA 9:30-10:30am
Tiger Tots 10-10:30am				Tai Chi 10:15-11:15am		Competition Team 10:30-11:30am	Blue Belt & Higher 10:30-11:30am
Adults 11-12:00pm				Tiger Tots 11:30-12:00pm		Tiger Tots A 11:45-12:15pm	Tigers: White- Purple 11:45-12:30pm
						Tiger Tots B 12:30-1:00pm	Juniors: White- Purple 12:30-1:30pm
						PreTeen/Teen/Adult 1:30-2:30pm	Private Lesson 2:30pm
							Private Lesson 3:00pm
							Private Lesson 3:30pm
Private Lesson 3:30pm		Private Lesson 3:30pm			Private Lesson 3:30pm		
Private Lesson 4:00pm	Private Lesson 4:00pm			Tigers 4-4:45pm	Private Lesson 4:00pm		
Tigers 4:30-5:15pm	Private Lesson 4:30pm	Tiger Tots 4:30-5:00pm	Tiger Tots 4:30-5:00		Private Lesson 4:30pm		
Juniors/PreTeens 5:30-6:30pm		Tiger/Junior 5-6:00pm	Adult/Teen *Back 4:30-5:30pm	Juniors/PreTeen 5-6:00pm			
Sparring 6:30-7:30pm		Tai Chi 6-7:00pm	Grappling 5:30-6:30pm		Tigers/Juniors 5:30-6:30pm		
	Competition Team 7:15-8:15pm	Junior/PreTeen/ Teen/Adult 7:15-8:15pm	Weapons- Sai 6:30-7:30pm	MMA 6:30-7:30pm	Sparring 6:30-7:30pm		
			Green/S & Brown 7:30-8:30pm	Adult/Teen 7:30-8:30pm	PreTeen/Teen 7:45-8:45pm		
		\	Black Belt 8:30-9:30pm	Black Belt 8:30-9:30pm			