

MAIN STREET MARTIAL ARTS - SCHEDULE OF CLASSES (eff. Jan 2011)

	Mon	Tues	Wed	Thurs	Fri
<h2 style="margin: 0;">TKD Program</h2> <p style="margin: 0;">(ages 4-Up)</p>					
3:30-4:10	Kids White, Yellow, Orange	SPARRING CLASS (Sparring Gear Required) 3:15-4:30	Kids White, Yellow, Orange	KARATE KIDS 3:30-4:15	Kids White, Yellow, Orange
4:20-5:00	Kids Green, Purple	Black Belt & Recommended BB ONLY 4:30-5:15	Kids Green, Purple		Kids Green, Purple
5:10-5:50	Blue, Red & Black Belts		Blue, Red & Black Belts		Blue, Red & Black Belts
6:00-6:45	Dragons TKD (ages 10 & Up)		Dragons TKD (ages 10 & Up)		Dragons TKD (ages 10 & Up)
<h2 style="margin: 0;">Adult & Teen Program</h2> <p style="margin: 0;">(ages 12-adult)</p>					
5:00 (60 min) Mat 2		Adult/Teen Beg/Intermed. Kenpo-JKD- Jujitsu-Street MMA		Adult/Teen Beg/Intermed. Kenpo-JKD- Jujitsu-Street MMA	SATURDAY Morning 10:00-11:00 street-wise sparring (Gear required)
6:00 (75 min) Mat 1		Intermediate & advanced Kenpo-JKD- Jujitsu-Street MMA (Fundamentals)		Intermediate & advanced Kenpo-JKD- Jujitsu-Street MMA (Fundamentals)	Must clear with instructor before attending
7:00 (90 min)	MMA Submission "Cage" Fighting (UFC style)		MMA Submission "Cage" Fighting (UFC style)		MMA Submission Fighting
					Saturday afternoon 1:00-3:00