



SUMMER 2017 CLASS SCHEDULE

START DATE: JUNE 12TH

220 W. Northland Ave. Appleton, WI 54911 www.KAappleton.com Email: Info@KAappleton.com 920.830.2233

Website Student Section Login – Username: appletonka@aol.com Password: student

NORMAL CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Ninjas		4:45—5:15 PM	4:45—5:15 PM	5:15—5:45 PM		10:00—10:30 AM
Junior Achievers/BBT	4:45—5:15/5:30 PM		6:00—6:30/6:45 PM	5:45—6:15/6:30 PM		10:30—11:00/11:15 AM
Junior BBT 1	4:00—4:45 PM	5:15—6:00 PM	4:00—4:45 PM			11:15 AM—12:00 PM
Junior BBT 2	5:30—6:15 PM	4:00—4:45 PM		6:30—7:15 PM		12:00—12:45 PM
Masters Team	1st Degree 6:15—7:00 PM 2nd & 3rd 7:00—7:45 PM		5:15—6:00 PM	7:15—8:00 PM		12:45—1:30 PM
Leadership		6:00—6:45 PM		4:30—5:15 PM		
Adult HIIT (Beginners)		6:45—7:30 PM	6:45—7:45 PM			8:00—9:00 AM
Adult BBT/MT (Advanced)	7:45—8:45 PM		7:45—8:15 PM	8:00—9:00 PM		

CLASS DESCRIPTIONS:

Little Ninjas	Beginning Students 4-6 year olds
Junior Achievers/BBT	Beginning Students 7-12 year olds White, Gold and Orange Belts
Junior BBT 1	Advanced Students Green, Purple, Purple Stripe, Blue & Blue Stripe Belts
Junior BBT 2	Advanced Students Red, Red Stripe, Brown and Brown Stripe Belts
Masters Team	Junior and Teen Black Belt Students
Leadership	Developing physical and verbal skills of leaderships through martial arts
Adult HIIT	Beginner Martial Arts Program Adult/Teen H igh I ntensity I nterval T raining
Adult BBT/MT	Advanced Training on Weapons, Self-Defense & Sparring

SUMMER CAMPS

7 WEEKS OPTIONS:

Week 1—June 19th
 Week 2—June 26th
(NO Camp week of July 3rd)
 Week 3—July 10th
 Week 4—July 17th
 Week 5—July 24th
 Week 6—July 31st
 Week 7—August 7th

Hours Monday—Friday:

8:00—6:00 PM

**Drop-Off as early as 7:30 AM*

Camps Include:

Weekly Themes, Field Trips,
 Sports, Karate, Crafts, Games,
 Outside Activities, Reading,
 Quiet Time, Fitness & Fun!



SUMMER 2017 CLASS SCHEDULE

228 W. Northland Ave. Appleton, WI 54911

www.GracieAppleton.com Email: Info@GracieAppleton.com (920) 954-9333

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gracie Jr Grapplers		5:30—6:30 PM		5:30—6:30 PM		
Black Belt Club						10:00—11:00 AM
Women Empowered	7:00—8:00 PM					9:00—10:00 AM
Gracie Combatives	6:00—7:00 PM	6:30—7:30 PM				8:00—9:00 AM
Gracie Jiu Jitsu RD				6:30—7:30 PM		
Gracie Master Cycle	8:00—9:30 PM	7:30—9:00 PM		7:30—9:00 PM		11:00—12:00 PM
GJJ Open Mat						12:00—1:00 PM

GRACIE JIU JITSU CLASSES:

Bullyproof Junior Grapplers	Kids 7-13 years old Non-Violent Self-Defense Program
Black Belt Club	Kids Advanced Training
Women Empowered	Women's Self-Defense Pink Belt Course
Gracie Combatives	Adult/Teen Program on the 36 core techniques
Gracie Jiu Jitsu RD	Adult/Teen White Belts with 2 stripes and above
Gracie Jiu Jitsu Master Cycle	Adult/Teen Blue Belts and above
GJJ Open Mat	Training time for GJJ students