



THE ACADEMY

Martial Arts Leadership

220 W. Northland Ave. Appleton, WI 54911
920.830.2233 TheAcademyAppleton.com TheAcademyAppleton@gmail.com

Winter/Spring 2018 CLASS SCHEDULE

NORMAL CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Ninjas		4:00—4:30 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	5:45—6:30 PM	4:00—4:45 PM		5:30—6:15 PM	11:15 AM—12:00 PM
Junior BBT 2	5:30—6:15 PM	4:30—5:15 PM		6:30—7:15 PM	4:45—5:30 PM	12:00—12:45 PM
Masters Team	1st Degree 6:45—7:30 PM 2nd & 3rd 7:30—8:15 PM		5:15—6:00 PM	7:15—8:00 PM	6:15—7:00 PM	12:45—1:30 PM
Leadership	6:15—6:45 PM	5:15—5:45 PM		4:45—5:15 PM		
Adult Basic/BBT/MT (Beginners)		6:30—7:30 PM	6:45—7:45 PM			8:30—9:30 AM
Adult BBT/MT (Advanced)		7:30—8:00 PM	7:45—8:15 PM	8:00—8:45 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 Basic** Beginner Martial Arts Program Adult/Teen
- Adult BBT/MT** Advanced Training on Weapons, Self-Defense & Sparring

AFTERSCHOOL MARTIAL ARTS PROGRAM

Full Time (4-5 Days) or Part Time (2-3 Days)
 Program Includes: Transportation from area elementary school (per availability), structured activities, games, official karate classes, snacks, quiet time for homework, and a positive/safe environment with our martial arts instructors.

Contact us at
TheAcademyAppleton@gmail.com
 for more information!





GRACIE JIU JITSU CLASS SCHEDULE

228 W. Northland Ave. Appleton, WI 54911 920.954.9333
 www.GracieAppleton.com Email: Info@GracieAppleton.com

	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	6:00—7:30 PM	7:30—9:00 PM		11:00—12:30PM

GRACIE JIU JITSU CLASSES:

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| 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 Street Self-Defense techniques |
| Gracie Jiu Jitsu RD | Adult/Teen White Belts with 2 stripes and above |
| Gracie Jiu Jitsu Master Cycle | Adult/Teen Combatives Belts and above |