



AMERICAN PROFESSIONAL MARTIAL ARTS

WEEKLY SCHEDULE

IF YOU THINK OUR INSTRUCTORS ARE AWESOME IN CLASS, WAIT UNTIL YOU SEE THEM AT A **BIRTHDAY PARTY!** WE DO ALL THE WORK SO YOU CAN SIT BACK AND RELAX. SEE ONE OF YOUR INSTRUCTORS TO RESERVE YOUR PARTY TODAY!

EFFECTIVE JANUARY 1ST, 2018	MONDAY A	TUESDAY A	WEDNESDAY B	THURSDAY B	FRIDAY A	SATURDAY B
NINJAS (AGES 3-4)	5:15PM	3:30PM	5:15PM	3:30PM	3:15PM	10:00AM
EAGLES - ALL RANKS (AGES 5-6)	3:30PM <small>*15 MINUTES EXTRA FOR ADVANCED STUDENTS</small>	6:00PM <small>*15 MINUTES EXTRA FOR ADVANCED STUDENTS</small>	3:30PM <small>*15 MINUTES EXTRA FOR ADVANCED STUDENTS</small>	6:00PM <small>*15 MINUTES EXTRA FOR ADVANCED STUDENTS</small>	3:45PM <small>*15 MINUTES EXTRA FOR ADVANCED STUDENTS</small>	9:15-9:45AM <small>*15 MINUTES EXTRA FOR ADVANCED STUDENTS</small>
WARRIOR BASIC WHITE, YELLOW, ORANGE BELT (AGES 7-12)	4:15PM 6:30PM	4:15PM	4:15PM 6:30PM	4:15PM	4:30PM	10:30AM
WARRIOR ADVANCED PURPLE BELT AND UP (AGES 7-12)	5:45PM	6:45PM	5:45PM	6:45PM	4:30PM	11:15AM
ADULT MMA BASIC WHITE/YELLOW/ORANGE BELT	7:15PM	5:00PM	7:15PM	5:00PM	-----	12:00PM
ADULT MMA ADVANCED	8:00PM	5:00PM 7:30PM	8:00PM	5:00PM 7:30PM	-----	12:00PM
CANDIDATE CLASS ALSO OPEN TO PURPLE BELTS 17 AND UP	-----	-----	-----	-----	6:00PM	-----
HYPER TRAINING ALL RANKS AGES 8 AND UP	-----	-----	-----	-----	5:15PM	-----

WORDS OF WISDOM

- ARRIVE 5-10 MINUTES PRIOR TO YOUR CLASS.
- ALL PARENTS & MEMBERS MUST BOW AT THE DOOR TO SHOW COURTESY AND RESPECT.
- PLACE SOCKS AND SHOES IN DESIGNATED AREA WHEN ENTERING THE MAT.
NO SHOES ON THE MAT.
- BOW ONTO THE EDGE OF THE MAT CONFIDENTLY, BY SAYING "DO MY BEST" & BOW OFF BY SAYING "DID MY BEST."
- CHECK IN BEFORE CLASS IN THE KIOSK
- TRY TO MAKE AN "A" DAY AND "B" DAY CLASS EACH WEEK. BRING YOUR GEAR TO EVERY CLASS
- IF YOU ARRIVE LATE: REMAIN AT THE EDGE OF THE MAT UNTIL THE INSTRUCTOR GIVES YOU PERMISSION TO ENTER.