



INFINITY MARTIAL ARTS

COTTAGE GROVE CLASS SCHEDULE

316 W. COTTAGE GROVE RD. 608-839-4025

* LITTLE NINJAS – PRE-K & 4K * KINDER-KICKERS – KINDERGARTEN * CAMO-KICKERS – 1ST GRADE * YOUTH – AGES 7 - 13 * TEEN/ADULT - 14+

EFFECTIVE MARCH 4TH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE NINJAS (PK & 4K)	4:00 - 4:30		5:00 - 5:30		PRIVATE LESSONS 4:00 - 4:30	9:00 - 9:30
KINDER KICKER (KINDERGARTEN)	4:00 - 4:30		5:00 - 5:30			9:00 - 9:30
PERFORMANCE	4:30 - 4:40		5:30 - 5:40			9:30 - 9:45
CAMO KICKERS (1 ST GRADERS)		4:00 - 4:30	5:40 - 6:10		INFINITTEAM WEAPONS 4:30 - 5:00	9:00 - 9:30
PERFORMANCE		4:30 - 4:40	5:30 - 5:40			9:30 - 9:45
LEVEL 1 (BASIC TRAINING) WHITE ● GOLD ● GOLD-LEADER	4:40 - 5:10		6:10 - 6:40	5:30 - 6:00	INFINITTEAM SPARRING 5:00 - 5:30	9:45 - 10:15
PERFORMANCE	5:10 - 5:20		6:40 - 6:50	5:20 - 5:30		10:15 - 10:30
LEVEL 2 (BLACK BELT TRAINING) ORANGE ● GREEN ● GREEN-LEADER	5:20 - 5:50	5:30 - 6:00		4:50 - 5:20	CANDIDATES - CB 5:30 - 6:00	10:30 - 11:00
PERFORMANCE	5:50 - 6:10	5:10 - 5:30		4:30 - 4:50		11:00 - 11:15
LEVEL 3 (BLACK BELT TRAINING) PURPLE ● BLUE ● BLUE-LEADER	6:10 - 6:40	4:40 - 5:10	6:50 - 7:20		CANDIDATES - Mix 6:00 - 6:30	11:15 - 11:45
PERFORMANCE	6:40 - 7:00	5:10 - 5:30	7:20 - 7:40			11:00 - 11:15
LEVEL 4 (BLACK BELT TRAINING) RED ● BROWN ● BROWN-LEADER	7:00 - 7:30	6:00 - 6:30		4:00 - 4:30	CANDIDATES - MT 6:30 - 7:00	11:45 - 12:15
PERFORMANCE	6:40 - 7:00	6:30 - 6:50		4:30 - 4:50		12:15 - 12:30
MASTERS TRAINING (ALL SCHOOLS)		6:50 - 7:30	4:00 - 4:40	6:00 7:00 6:40 7:40	INFINITTEAM WEAPONS 1:00 - 2:00	12:30 - 1:00
PERFORMANCE		6:30 - 6:50	4:40 - 5:00	6:40 - 7:00		12:15 - 12:30
TEEN/ADULT	7:30 - 8:10	7:30 - 8:10	7:40 - 8:20		INFINITTEAM HYPER TRIX 2:00 - 2:30	
BLACK BELT TRAINING	8:10 - 8:30	8:10 - 8:30	8:20 - 8:40			
JIU-JITSU TRAINING REFLEX & DEVELOPMENT				7:40 - 8:20 8:20 - 8:40		
*SPARRING DAYS	ON CALENDAR	ON CALENDAR	ON CALENDAR	ON CALENDAR		
*LEADERSHIP TEAM	LEADERSHIP TEAM WILL MEET ON THE FIRST SUNDAY OF EVERY MONTH FOR A 2 HOUR SEMINAR. 12PM-2PM					

ALL BELTS/PROGRAMS HAVE A MINIMUM OF THREE TO FOUR "CORE" CLASSES OPTIONS EACH WEEK.
STUDENTS IN OUR BLACK BELT TRAINING & PERFORMANCE TRAINING PROGRAMS HAVE ADDITIONAL CLASS OPTIONS AS WELL.

MARTIAL ARTS BASIC TRAINING PROGRAMS

LITTLE NINJAS – PRE-K & 4K AGE DOING THE KINDER-KICKER PROGRAM
 KINDER-KICKERS – KINDERGARTEN AGE MARTIAL ARTS ACTIVITIES PROGRAM
 CAMO-KICKERS – 1ST GRADE AGE MARTIAL ARTS PREPARATION PROGRAM
 LEVEL 1 – WHITE / GOLD / GOLD LEADER RANKS (ENTRY LEVEL PROGRAM)

BLACK BELT TRAINING PROGRAMS

LEVEL 2 – ORANGE / GREEN / GREEN LEADER RANKS
 LEVEL 3 – PURPLE / BLUE / BLUE LEADER RANKS
 LEVEL 4 – RED / BROWN / BROWN LEADER RANKS
 SPARRING TRAINING INCLUDED – SPARRING GEAR REQUIRED.

PERFORMANCE TRAINING UPGRADE

WEAPONS – CHUX, BO STAFF AND KAMA
 *FUN, CREATIVE WEAPONS DRILLS AND COMBOS
 AS WELL AS EXCITING DEMONSTRATION STYLE TRAINING!