



117 S. Sunset Street, Suite D Longmont, CO 80501 303-776-1887 www.trans-mafc.com

Effective 11/9/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Kickboxing 9:15-10:00 am		Kickboxing 9:15-10:00 am	No Classes	Teen/Adult Mix Martial Arts 8:30-9:15 am	Kickboxing 9:15-10:00 am
Lil' Tigers 4:00-4:30 pm	Lil' Tigers 4:00-4:30 pm	Lil' Tigers 4:00-4:30 pm	Lil' Tigers 4:00-4:30 pm		Kids Martial Arts 10:15-11:00 am	Lil' Tigers 9:30-10:00 am
Kids Martial Arts 4:45-5:30 pm	Kids Martial Arts 4:45-5:30 pm	Kids Martial Arts 4:45-5:30 pm	Kids Martial Arts 4:45-5:30 pm		<p><u>Yoga</u> 10:15-11:00 am <u>Birthday Party</u> 11:30 am-1:00 pm</p> <p><i>What could be more fun than a martial arts birthday party? Let our experienced and encouraging staff lead your child and their guests through a fun fitness-filled experience. See the front desk for specific packages and pricing. Then sit back, relax and let us do the rest.</i></p>	
Teen/Adult Mix Martial Arts 5:45-6:30 pm	Teen/Adult Mix Martial Arts 5:45-6:30 pm	Kickboxing 5:45-6:30 pm	Kickboxing 5:45-6:30 pm			
Kickboxing 6:45-7:30 pm	Kickboxing 6:45-7:30 pm	Teen/Adult Mix Martial Arts 6:45-7:30 pm	Teen/Adult Mix Martial Arts 6:45-7:30 pm			

- Please arrive 10-15 minutes prior to class
- Clean uniform and hygiene are a must
- Guests check in at front desk
- All valuables should be left in car
- Remain in proper warm-up area
- Place all shoes in cubbies
- Check-in on computer for attendance
- Remove jewelry prior to class
- Quietly stretch and prepare for class

TEEN/ADULT MUAY THAI (Ages 13 & up): Muay Thai is a traditional martial art with a no-nonsense, practical approach to self-defense. Muay Thai increases your strength and power, while teaching you to move with balance and flexibility. You will also gain greater levels of clarity, focus and self confidence. **KRAV MAGA**

RBT (Ages 13 & up): RBT (Reality-Based Training) refers to systems of self-defense that focus exclusively on reality based self-defense scenarios and conditions. Hence the words "reality-base." Unlike mixed martial arts and traditional martial arts styles, RBT is not a hobby or sport and it does not participate in tournaments of sport combat competitions. We will be combining Krav Maga and other form of tactical self-defense into our system. It's all about learning how to fight and survive.

Our RBT Motto: "We need to train for a trial that we are not yet in."

ADULT KICKBOXING (Ages 13 & up): Enjoy a high energy workout designed to motivate and push yourself further than you ever thought possible. Kickboxing is an intense cardio workout that builds strength, speed, timing, stamina and power. You will lose weight, build muscle and create a fit and healthy body.

KIDS MUAY THAI (Ages 8-12): This class is the traditional Muay Thai martial art specifically designed for children ages 8-13. Students learn self defense through Muay Thai curriculum, including pad work and physical fitness challenges. Children gain strength, coordination, and flexibility which provide them with increased self confidence and mental focus.

Lil' TIGERS (ages 4-7): Children ages 4-7 get a kick out of our Young Tigers classes. They learn the basic Muay Thai martial arts curriculum and improve physical fitness and coordination through a series of fun obstacle courses and pad work. Here the students focus on a "monthly message" that highlights a positive character trait such as honesty, self discipline and perseverance.

YOGA: If you can't bend you will break. Nothing will loosen you up like a yoga session. Yoga is a great means towards bettering the connection between your mind and body.

