



8240 Cazenovia Rd ~ Manlius ~ NY ~ 13104
 (315) 682-0012
ManliusMartialArts@gmail.com
www.MartialArtsManlius.com

**Effective
 Sept 5th
 2022**

	Monday A day (Kata)	Tuesday A day (Kata)	Wednesday B day (Sparring)	Thursday B day (Sparring)	Friday A day (Kata)	Saturday Morning
A - Day No sparring gear needed						Adults Kali 9:30 - 10:30
B - Day Bring your sparring gear	Jr Kata White - Orange 4:15 - 4:55	Lil Champs 4:15 - 4:45	Jr Sparring White - Orange 4:15 - 4:55	Lil Champs 4:15 - 4:45	Lil Champs 4:15 - 4:45	Demo Team 10:30 - 12:00
Lil Champs 4-6 yrs. old	Jr Kata P - Bl - Gr 5:00 - 5:40	Jr Kata Advanced Team 5:00 - 5:40	Jr Sparring P - Bl - Gr 5:00 - 5:40	Jr Sparring Advanced Team 5:00 - 5:40	Jr Kata Wh - Green 5:00 - 5:40	Birthday Parties 12:30 - 2:00
Jr (juniors) 7 - 13 yrs old Wh - Orange Purple - Green Brown and up	Lil Champs 5:45 - 6:15	Jr Kata P - Bl - Gr 5:45 - 6:25	Lil Champs 5:45 - 6:15	Jr Sparring P - Bl - Gr 5:45 - 6:25	Jr Kata Advanced Team 5:45 - 6:25	
Teens/Adults Advanced Brown - Black	Jr Kata Advanced Team 6:30 - 7:10	Jr Kata White - Orange 6:30 - 7:10	Jr Sparring Advanced Team 6:30 - 7:10	Jr Sparring White - Orange 6:30 - 7:10	BB Weapons Black Belts 5:45 - 6:25	
Teens/Adults Beg/Nov/Inter. White - Green	All Black Belts 7:15 - 7:45	Teens/Adults kata White-Green 7:15 - 7:55	Teens/Adults Sparring Brown and up 7:15 - 7:55	Teens/Adults Sparring White-Green 7:15 - 7:55	Adv. Kicking All Belts BBT Team 6:30 - 7:00	
BBT Team Black Belt Training Team Black Uniform	Teens/Adults Kata Brown and up 7:45 - 8:25	Teens/Adults Kata Brown and up 8:00 - 8:40	Teens/Adults Sparring White-Green 8:00 - 8:45	Teens/Adults Sparring Brown and up 8:00 - 8:45	Target Training All Adults 7:00 - 7:45	
	Teens/Adults kata White-Green 8:30 - 9:15	Kali All Adults 8:45 - 9:30	Jitsu BBT - Adults 8:45 - 9:30	Muay Thai BBT - Adults 8:45 - 9:30	SWAT / Demo Team By Invite 8:00 - 9:00	

Krav Fitness
Monday 9:00 - 9:45 am
Wednesday 9:00 - 9:45 am
Friday 9:00 - 9:45 am

Protocol Reminders

- ~ Please demonstrate respect when entering and exiting the dojo with a proper bow
- ~ Please be 10 minutes early for class
- ~ Place your shoes neatly in the shoe rack
- ~ Hang your coat in the coat rack
- ~ Parents, please remove your shoes also during times of wet weather.
- ~ Keep your uniform neat and clean with patches properly sewn on
- ~ Learn to tie your belt properly
- ~ For student safety no jewelry is allowed in the class. (other than wedding and engagement bands)