

CLASSES	MON	TUES	WED	THURS	FRI	SAT	 <ul style="list-style-type: none"> <input checked="" type="checkbox"/> PLEASE ARRIVE 5 MINUTES PRIOR TO CLASSTIME <input checked="" type="checkbox"/> PLEASE BE ON TIME. <input checked="" type="checkbox"/> NEVER DISTURB CLASS IN SESSION <input checked="" type="checkbox"/> QUIETLY STRETCH AND PREPARE FOR CLASS <input checked="" type="checkbox"/> ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS <input checked="" type="checkbox"/> DON'T BRING ANY VALUABLES TO CLASS <input checked="" type="checkbox"/> CLEAN UNIFORM AND HYGIENE HABITS ARE A MUST <input checked="" type="checkbox"/> ALL BELONGINGS SHOULD BE PLACED IN DESIGNATED AREA <input checked="" type="checkbox"/> CHILDREN MUST REMAIN IN WAITING ROOM
ROCKFIT	8:30-9:30AM	6:45-7:45pm	8:30-9:30AM	6:45-7:45pm		9:00-10:00AM	
ROCKSTERS	3:30-4:00 PM 5:15-5:45 PM		3:30-4:00 PM 5:15-5:45PM			10:00-10:30 AM	
INTRO TO STAGE 1		3:30-4:00PM		3:30-4:00PM		10:00-10:30 AM	
INTRO TO MARTIAL ARTS STAGE 1	4:00-4:30PM	5:30-6:00PM	4:00-4:30PM	5:30-6:00PM		10:30-11:00 AM	
STAGE 1	5:45-6:30PM	4:00-4:45PM	5:45-6:30PM	4:00-4:45PM		11:00-11:45 AM	
STAGE 2	4:30-5:15PM	4:45-5:30PM	4:30-5:15PM	4:45-5:30PM		11:00-11:45 AM	
STAGE 3/BB		6:00-6:45PM		6:00-6:45PM		11:00-11:45AM	
COMPETITION TEAM				6:00-6:45PM	5:30-7:00PM		
MUAY THAI	6:30-7:30PM	12:00-1:00PM	6:30-7:30PM			11:45-12:45PM	
BRAZILIAN JIU-JITSU	7:30-8:30PM		7:30-8:30PM		6:00-7:00pm		

214-387-8727

info@RockStarMartialArts.com

HAVE A ROCKIN' BIRTHDAY PARTY HERE!

Just bring your camera, sit back, and enjoy...We do all the work!!

Each 90 minute party includes an exciting martial arts lesson developing team work through games and drills!

Pizza and drinks, gift certificates for all kids, and loads of fun!

www.RockStarMartialArts.com

5000 Eldorado Pkwy. Ste. #420, Frisco, TX 75033