

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	6:30-7:30 PM	8:30-9:30 AM	6:30-7:30 PM	8:30-9:30 AM		8:30-9:30 AM	
ROCKSTERS	3:30-4:00 PM		3:30-4:00 PM			10:30-11:00 AM	
INTRO TO STAGE 1						10:30-11:00 AM	
INTRO TO MARTIAL ARTS STAGE 1	4:15-4:45 PM	5:30-6:00 PM	4:15-4:45 PM	5:30-6:00 PM		11:00-11:30 AM	
STAGE 2	5:45-6:30 PM	4:00-4:45 PM	5:45-6:30 PM	4:00-4:45 PM		11:30-12:15 PM	
STAGE 3						11:30-12:15 PM	
COMPETITION TEAM							
MUAY THAI		6:45-7:45 PM		6:45-7:45 PM 12:00 PM		9:30-10:30 AM	
BRAZILIAN JIU-JITSU							

469-912-1768

PhillipsCreek@
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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

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