

# TEARNEY'S MARTIAL ARTS CENTER

EFFECTIVE 3/5/17

## KIDS

4:00 – 4:45 INTERMEDIATE  
4:45 – 5:30 ADVANCED  
5:30 – 6:15 BEGINNER  
6:15 – 6:45 KARATE KIDS  
6:15 – 6:45 INTRO/BASICS

4:00 – 4:30 KARATE KIDS  
4:30 – 5:15 BEGINNER  
5:15 – 6:00 INTERMEDIATE  
5:30 – 6:00 INTRO/BASICS  
6:00 – 6:45 ADVANCED

4:00 – 4:45 ADVANCED  
4:45 – 5:30 BEGINNER  
5:30 – 6:15 INTERMEDIATE  
6:15 – 6:45 KARATE KIDS  
6:15 – 6:45 INTRO/BASICS

4:00 – 4:30 KARATE KIDS  
4:30 – 5:15 INTERMEDIATE  
5:00 – 5:30 INTRO/BASICS  
5:15 – 6:00 ADVANCED  
5:30 – 6:00 SIDE KICKS  
6:00 – 6:45 BEGINNER

4:00 – 4:45 ADVANCED  
4:45 – 5:30 BBC/DEMO Team \*  
5:30 – 6:15 BEGINNER & INTERMEDIATE

9:00 – 9:30 SIDE KICKS  
9:30 – 10:00 KARATE KIDS  
10:00 – 10:30 MAKE UPS & PRIVATES  
w/Instructor approval

## ADULTS

### MONDAY

10:15 – 11:30 BASICS/ADULTS  
6:15 – 6:45 INTRO/BASICS  
7:00 – 8:00 THAI KICKBOXING  
7:00 – 8:00 JUNIORS/ADULTS

### TUESDAY

9:30 – 10:20 THAI KICKBOXING  
5:30 – 6:00 INTRO/BASICS  
6:00 – 7:00 KRAV MAGA SELF DEFENSE  
7:00 – 8:00 JUNIORS/ADULTS

### WEDNESDAY

10:00 – 11:00 THAI KICKBOXING  
10:00 – 11:15 THAI SPARRING  
6:00 – 7:00 THAI KICKBOXING  
6:15 – 6:45 INTRO/BASICS  
7:00 – 8:00 JUNIORS/ADULTS

### THURSDAY

9:30 – 10:20 THAI KICKBOXING  
5:00 – 5:30 INTRO/BASICS  
7:00 – 8:00 KRAV MAGA SELF DEFENSE  
7:00 – 8:00 JUNIORS/ADULTS

### FRIDAY

5:00 – 5:30 EXPRESS THAI KICKBOXING

### SATURDAY

9:00 – 10:00 THAI KICKBOXING  
10:00 – 10:30 OPEN FLOOR

All Karate students should attend two classes per week & bring their safety equipment to every class.

Black Belt Club members may attend an additional third class per week if they choose to.

\* Black Belt Club members MUST be attending two weekly classes in order to attend the Black Belt Club Class!

It is recommended that Thai Kickboxing/Krav Maga students attend at least two classes per week.

**ASK ABOUT OUR BIRTHDAY PARTIES, PRIVATE LESSONS, & VIP MEMBERSHIPS**

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[www.TearneysMA.com](http://www.TearneysMA.com)