

IMPACT MARTIAL ARTS ACADEMY

2019 Class Schedule

TIME	MAT	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 AM	FULL							
10:00 AM	FULL		PRIVATE LESSONS		PRIVATE LESSONS			
11:00 AM	1	MUAY THAI Fundamentals	BRAZILIAN JIU JITSU Mixed	MUAY THAI Fundamentals	BRAZILIAN JIU JITSU Mixed		MUAY THAI CONDITIONING 11:00am - 12:30pm	
	2							
12:00 PM	FULL	MUAY THAI Pro Training *Invite*		MUAY THAI Pro Training *Invite*			PRIVATE LESSONS & OPEN MAT	
12:30 PM	FULL							
1:00 PM	FULL							
2:00 PM	FULL	PRIVATE LESSONS AVAILABLE						
3:00 PM	FULL							
4:00 PM	FULL							
4:30 PM	FULL	KIDS (Ages 5-7) TDP EXPLORERS Group A	KIDS (Ages 5-7) TDP EXPLORERS Group B	KIDS (Ages 5-7) TDP EXPLORERS Group A	KIDS (Ages 5-7) TDP EXPLORERS Group B	OPEN MAT		
5:30 PM	FULL	KIDS (Ages 7-12) BRAZILIAN JIU JITSU	KIDS (Ages 8-12) TDP JUNIORS	KIDS (Ages 7-12) BRAZILIAN JIU JITSU	KIDS (Ages 8-12) TDP JUNIORS	KIDS BLACK BELT CLUB	CLOSED	
6:30 PM	1	BRAZILIAN JIU JITSU Fundamentals	MUAY THAI Fundamentals	BRAZILIAN JIU JITSU Fundamentals	MUAY THAI Fundamentals	BRAZILIAN JIU JITSU KIDS + ADULTS BJJ OPEN PRACTICE		
	2	FILIPINO KALI Fundamentals		FILIPINO KALI Fundamentals				
7:30 PM	1	BRAZILIAN JIU JITSU Advanced	MUAY THAI Advanced	BRAZILIAN JIU JITSU Advanced	MUAY THAI Advanced	MUAY THAI OPEN PRACTICE		
	2					ADVANCED KALI Inosanto/Quintin Blend Sayoc Kali		
8:30 PM	1	TEAM IMPACT GRAPPLING PRACTICE	TEAM IMPACT FIGHT PRACTICE	TEAM IMPACT GRAPPLING PRACTICE	TEAM IMPACT FIGHT PRACTICE			
	2	MUAY THAI Fundamentals		MUAY THAI Fundamentals				

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