


MARTIALARTS INSTITUTE-HQ

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|-----------------------|-------------------------|--------------------|-------------------------|---|--|
| 10:00 AM | FAMILY | | FAMILY | | FAMILY | FAMILY |
| 11:00 AM | KIDS | | KIDS | | | 11:30 -1:00 Sparring Gear Required |
| 3:00 PM | PRIVATE LESSON | PRIVATE LESSON | PRIVATE LESSON | PRIVATE LESSON | | |
| 4:00-4:30 PM | OPEN GYM | | OPEN GYM | | CLOSED |  Find us on Facebook |
| 4:30-5:30 PM | BEGINNERS | INTERMEDIATE | ADVANCED Red-Black | *** ALL BELTS | REVIEW GAMES |  Follow Us On twitter |
| 5:30-6:30 PM | INTERMEDIATE | BEGINNERS | *** ALL BELTS | DEMO TEAM | *** ALL BELTS |  |
| 6:30-7:30 PM | FAMILY Adult Focus | FAMILY Kid/Family Focus | FAMILY Adult Focus | FAMILY Kid/Family Focus | 1st Friday of every month Black Belt C.E. |  |
| 7:30-8:15 PM | High Level TEST PREP. | ADVANCED Red-Black | CLOSED | Teen/Adult | CLOSED | |

**Open Gym is for practice ONLY not games and not a baby sitting. Beginners Classes are for White-Green Belts ONLY. Intermediate Classes are for High Green-High Blue ONLY. Family Classes will start focusing on Children more on Tue/ Thur. Black Belt 1st Friday is Continuing Education for all 1st Degree's and up.*

913-642-0022

www.mai-dojo.com

