

IMPACT

MARTIAL ARTS

MARTIAL ARTS FOR ALL AGES!

Ages 3-6 Child Development • Junior Martial Arts • Adult Fitness & Self-Defense

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday	Impact Tips
Tiny Tigers (Age 3 & 4)	3:00PM-3:30PM		3:00PM-3:30PM		FUN Friday Events (See Calendar)	Special Events & Tournaments See Calendar of Events Schedule A Private Lesson Schedule your child's KICKIN' Birthday Party!	*Arrive on time, in proper training attire on a clean body and trimmed finger and to nails.
Little Ninjas (Ages 5 & 6)		5:15PM-5:45PM		5:15PM-5:45PM			*Pull your class card for class credit
White Belt (Ages 7-12)	4:00PM-4:30PM	4:00PM-4:30PM (Quick Start Only)		4:30PM-5:00PM			*Bow onto the mat, use respect and courtesy by saying 'Sir and Ma'am'
Junior Yellow-Green Belts	4:30PM-5:15PM			6:30PM-7:15PM			*Be sure to check the calendar for special events and closings.
Junior Camo-Purple Belts	5:30PM-6:15PM			6:30PM-7:15PM			*Be sure to have all necessary gear for class
Junior Red-Black Belts	6:15PM-7:00PM			7:15PM-8:00PM			*Private Lessons start at \$30 per half hour
Sport Karate Level 1		5:45PM-6:30PM		5:45PM-6:30PM			*Please make sure we have an updated email address for you!
Sport Karate Level 2+		6:30PM-7:15PM		6:30PM-7:15PM (KCR Room)			
Adult Martial Arts (Ages 13-Up)		7:15PM-8:00PM		7:15PM-8:00PM			
Team Impact (Invitation Only)			4:30PM-6:00PM				
Open Mat Practice		4:30PM-5:15PM					



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