

 MONTGOMERY

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| MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 12:00 – 12:45All Ranks | *Private Lessons**Available(speak to instructor to schedule)* | *Private Lessons**Available(speak to instructor to schedule)* | 12:00- 12:45All Ranks | **Parents’ Night Out5:30–8:00** | 9:00–10:00**MMA***Teen/Adult* **(Floor 1)** |
| 9:15 – 10:00*Little Kickers* **(Floor 2)** |
| 4:30 – 5:15White – Sr. Yellow*Junior* **(Floor 1)** | 4:30 – 5:15*Little Kickers***(Floor 2)** | 4:30 – 5:15White – Sr. Yellow*Junior* **(Floor 1)** | 4:30 – 5:15*Little Kickers***(Floor 2)** | 4:15 – 5:00*Little Kickers* | 10:00 – 10:45*Teen/Adult* **(Floor 1)** |
| 4:30 – 5:15Green – Sr. Blue*Junior* **(Floor 2)** | 4:45 – 5:30Brown – Sr. Red*Junior* **(Floor 1)** | 4:30 – 5:15Green – Sr. Blue*Junior* **(Floor 2)** | 4:45 – 5:30Brown – Sr. Red*Junior* **(Floor 1)** | 10:00 – 10:45Brown & Above*Junior* **(Floor 2)** |
| 5:15 – 6:00**MMA** *Jr* **(Floor 1)** | 5:15 – 6:00White Belts*Junior* **(Floor 2)** | 5:15 – 6:00**MMA** *Jr* **(Floor 1)** | 5:15 – 6:00White Belts*Junior* **(Floor 2)** | 5:00 – 5:45White –Sr. Yellow*Junior* | 10:45 – 11:30**MMA** *Jr* **(Floor 1)** |
| 5:15 – 6:00*Little Kickers* **(Floor 2)** | 5:15 – 6:00*Little Kickers* **(Floor 2)** | 10:45 – 11:30White – Sr. Yellow*Junior* **(Floor 2)** |
| 6:00 – 6:30Sport Karate**(Floor 1)** | 5:30 – 6:15Yellow – Sr. Yellow*Junior* **(Floor 1)** | 6:00 – 6:30Sport Karate**(Floor 1)** | 5:30 – 6:15Yellow – Sr. Yellow*Junior* **(Floor 1)** | 5:45- 6:30Green- Sr. Blue*Junior* | 11:30 – 12:15Green – Sr. Blue*Junior* |
| 6:00 – 6:45Brown & Up*Junior* **(Floor 2)** | 6:15 – 7:00Black Belts**(Floor 1)** | 6:00 – 6:45Brown & Up*Junior* **(Floor 2)** | 6:15 – 7:00Black Belts**(Floor 1)** |
| 6:30 – 7:15White – Sr. Yellow*Junior* **(Floor 1)** | 6:00 – 6:45Green – Sr. Blue*Junior* **(Floor 2)** | 6:30 – 7:15White – Sr. Yellow*Junior* **(Floor 1)** | 6:00 – 6:45Green – Sr. Blue*Junior* **(Floor 2)** | 6:30 – 7:15Brown & Up*Junior* | **Birthday Parties**1:00 – 2:30 pm*$220, All Inclusive*! |
| 7:15 – 8:15All *Teen/Adult***(Floor 2)** | 6:45 – 7:45All *Teen/Adult* **(Floor 2)** | 7:15 – 8:15All *Teen/Adult***(Floor 2)** | 6:45 – 7:45All *Teen/Adult***(Floor 2)** |
| 7:30 - 8:15**MMA***Teen/Adult***(Floor 1)** | 7:00 – 8:00**MMA***Teen/Adult***(Floor 1)** | 7:30 - 8:15**MMA***Teen/Adult***(Floor 1)** | 7:00 – 8:00**MMA** *Teen/Adult***(Floor 1)** | 7:15 – 8:00All Ranks*Teen/Adult* | *Private Lessons**Available(speak to instructor to schedule)* |

 (Effective September 5, 2018) Questions? Call 609–430–0513. Visitkicksidema.com for updates.