

MONTGOMERY

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

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