



**KICKSIDE**  
**MARTIAL ARTS**

# BRANCHBURG

*Effective 9/29/2025*

| MONDAY                                            | TUESDAY                                                | WEDNESDAY                                         | THURSDAY                                               | FRIDAY                                                | SATURDAY                                                           |
|---------------------------------------------------|--------------------------------------------------------|---------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------|
| <i>Private Lessons</i><br><i>available 6 days</i> | 4:45 – 5:15<br>Little Kickers                          | <i>Private Lessons</i><br><i>available 6 days</i> | 5:15 – 6:00<br><b>MMA</b><br><b>Juniors</b>            | <i>Private Lessons</i><br><i>available 6 days</i>     | <b>Bring a Friend to</b><br><b>Class</b><br><b>Saturdays only!</b> |
| 4:30 – 5:15<br>White - Sr. Yellow<br>Juniors      | 5:15 – 6:00<br><b>MMA</b><br><b>Juniors</b>            | 5:00 – 5:45<br>Traditional<br>Juniors             | 6:00 - 6:45<br>Traditional<br>Juniors                  | 5:00 – 5:30<br>Little Kickers                         | 9:00 – 10:00<br><b>MMA</b><br><b>All</b>                           |
| 5:15 - 6:00<br>Green & Above<br>Juniors           | 6:00 - 6:45<br>Traditional<br>Juniors                  | 5:45 - 6:30<br>All Ranks<br>Teens & Adults        | 6:45 - 7:30<br>All Ranks<br>Teens & Adults             | 5:30 - 6:15<br>Traditional<br>Juniors                 | 10:00 – 11:00<br>Traditional<br>Teens & Adults                     |
| 6:00 - 6:45<br>All Ranks<br>Teens & Adults        | 6:45 - 7:30<br>All Ranks<br>Teens & Adults             |                                                   | 7:30 - 8:15<br><b>MMA</b><br><b>Teens &amp; Adults</b> | 6:15 - 7:00<br><b>TKD &amp; MMA</b><br>Teens & Adults | 11:00 – 11:45 am<br>Traditional<br>Juniors                         |
|                                                   | 7:30 - 8:15<br><b>MMA</b><br><b>Teens &amp; Adults</b> |                                                   |                                                        | <i>Private</i><br><i>Lessons</i><br><i>Available</i>  | 11:45 – 12:15 am<br>Little Kickers                                 |

For holidays, weather closings, and special events check our website: [kicksidema.com](http://kicksidema.com)  
Questions or concerns contact 908-947-3222 or email [kicksidebranchburg@gmail.com](mailto:kicksidebranchburg@gmail.com)