



KICKSIDE MARTIAL ARTS

Montgomery Schedule

Effective 1/24/2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:45 – 5:30 White – Sr. Blue <i>Juniors</i>	9:30 – 11:00 AM MMA Fight Team <i>Invite only</i>	4:45 – 5:30 White – Sr. Blue <i>Juniors</i>	9:30 – 11:00 AM MMA Fight Team <i>Invite only</i>	PRIVATE LESSONS <i>Available</i>	PRIVATE LESSONS <i>Available</i>
5:30 – 6:00 <i>Little Kickers</i>	4:45 – 5:30 Brown – Sr. Red <i>Juniors</i>	5:30 – 6:00 <i>Little Kickers</i>	4:45 – 5:30 Brown – Sr. Red <i>Juniors</i>	5:00 – 5:30 <i>Little Kickers</i>	8:45 – 9:15 <i>Little Kickers</i>
5:30 – 6:15 MMA <i>Juniors</i>	5:30 – 6:15 White – Sr. Blue <i>Juniors</i>	5:30 – 6:15 MMA <i>Juniors</i>	5:30 – 6:15 White – Sr. Blue <i>Juniors</i>	5:30 – 6:15 White – Sr. Yellow <i>Juniors</i>	8:45 – 9:45 AM MMA <i>All ages</i>
6:15 – 7:15 Brown & Above Jr <i>All Ranks Teen/Adult</i>	6:15 – 7:15 BLACK BELTS	6:15 – 7:15 Brown & Above Jr <i>All Ranks Teen/Adult</i>	6:15 – 7:15 BLACK BELTS	6:15 – 7:00 Green – Sr Red <i>Juniors</i>	9:15 – 10:00 White – Sr. Blue <i>Juniors</i>
6:30 – 7:15 MMA Grappling	6:15 – 7:15 <i>All Ranks Teen/Adult</i>	6:30 – 7:15 MMA Grappling	6:15 – 7:15 <i>All Ranks Teen/Adult</i>	6:15 – 7:00 Black Belts, All Ranks <i>Teens/Adults</i>	10:00 – 10:45 Brown & Above <i>Juniors</i>
7:15 – 8:00 MMA Striking	PRIVATE LESSONS <i>Available</i>	7:15 – 8:00 MMA Striking	PRIVATE LESSONS <i>Available</i>	PRIVATE LESSONS <i>Available</i>	10:00 – 10:45 <i>All Ranks Teen/Adult</i>
8:00 – 8:45 MMA Fight Team		8:00 – 8:45 MMA Fight Team			BIRTHDAY PARTIES

Programs for Traditional Taekwondo and Mixed Martial Arts (MMA) | www.KicksideMA.com, montgomerykicker@gmail.com, 609-430-0513