



KICKSIDE MARTIAL ARTS

MONTGOMERY

(Effective November 21, 2016) Questions? Call 609-430-0513. Visit kicksidema.com for updates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 – 12:00 MMA	<i>Private Lessons</i>	<i>Private Lessons</i>	11:00 – 12:00 MMA	<i>Private Lessons</i>	8:45 – 9:30 <i>Little Kickers</i>
12:00 – 12:45 All Ranks	<i>Private Lessons</i>	<i>Private Lessons</i>	12:00 – 12:45 All Ranks	<i>Private Lessons</i>	9:30 – 10:15 Teens & Adults <i>All Ranks</i>
1:00 – 2:00 <i>Little Kickers</i>	3:30 – 4:30 <i>Office hours</i>	3:30 – 4:30 <i>Office hours</i>	1:00 – 2:00 <i>Little Kickers</i>	4:15 – 5:00 <i>Little Kickers</i>	10:15 – 11:00 Brown & Up
4:30 – 5:15 White – Sr. Yellow	4:45 – 5:30 Green – Sr. Blue	4:30 – 5:15 White – Sr. Yellow	4:45 – 5:30 Green – Sr. Blue	5:00 – 5:45 White – Sr. Yellow	11:00 – 11:30 BBC
5:15 – 6:00 <i>Little Kickers</i>	5:30 – 6:15 White – Sr. Yellow	5:15 – 6:00 <i>Little Kickers</i>	5:30 – 6:15 White – Sr. Yellow	5:45 – 6:30 Green – Sr. Blue	11:30 – 12:15 Green – Sr. Blue
5:45 – 6:30 Brown & Up	6:15 – 7:00 Brown – Sr. Red	5:45 – 6:30 Green – Sr. Blue	6:15 – 7:00 Brown – Sr. Red	6:30 – 7:15 Brown & Above	12:15 – 1:00 White – Sr. Yellow
6:30 – 7:15 Green – Sr. Blue	7:00 – 7:45 Black Belts	6:30 – 7:15 Brown – Sr. Red	7:00 – 7:45 Black Belts	7:15 – 7:45 BBC	Birthday Parties 1:00 – 2:30 <i>All inclusive!</i>
7:15 – 8:15 Teens & Adults <i>All Ranks</i>	7:45 – 8:45 Teens & Adults <i>All Ranks</i>	7:15 – 8:15 Black Belts, Teens & Adults <i>All Ranks</i>	7:45 – 8:45 Teens & Adults <i>All Ranks</i>	7:45 – 8:30 Teens & Adults <i>All Ranks</i>	<i>Seminars & Private Lessons</i>

Please note we have multiple workout floors, so some class times overlap