



Montgomery Schedule

Effective 9/6/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 – 5:15 White – Sr. Yellow Juniors [red mat]	PRIVATE LESSONS <i>Available 6 days a week</i>	4:30 – 5:15 White – Sr. Yellow Juniors [red mat]	PRIVATE LESSONS <i>Available 6 days a week</i>	PARENTS' NIGHT OUT 4:30 – 7:00 pm <i>Premium members FREE!</i>	9:00 – 9:45 Brown & Above Juniors [red mat]
4:30 – 5:15 Green – Sr. Blue Juniors [gray mat]	4:30 – 5:15 Brown – Sr. Red Juniors [gray mat]	4:30 – 5:15 Green – Sr. Blue Juniors [gray mat]	4:30 – 5:15 Brown – Sr. Red Juniors [gray mat]	PRIVATE LESSONS <i>Available 6 days a week</i>	9:00 – 9:45 All Ranks Teens/Adults [gray mat]
5:15 – 6:00 <i>Little Kickers</i> [red mat]	5:15 – 6:00 White – Sr. Yellow Juniors [gray mat]	5:15 – 6:00 <i>Little Kickers</i> [red mat]	5:15 – 6:00 White – Sr. Yellow Juniors [gray mat]	4:15 – 4:45 <i>Little Kickers</i>	9:45 – 10:30 <i>Little Kickers</i> [red mat]
5:15 – 6:00 MMA Juniors [gray mat]	5:45 – 6:30 Green – Sr. Blue Juniors [red mat]	5:15 – 6:00 MMA Juniors [gray mat]	5:45 – 6:30 Green – Sr. Blue Juniors [red mat]	4:45 – 5:30 White – Sr. Blue Juniors	9:45 – 10:30 White – Sr. Blue Juniors [gray mat]
6:00 – 6:45 White – Sr. Yellow Juniors [red mat]	6:00 – 6:45 MMA Juniors [gray mat]	6:00 – 6:45 White – Sr. Yellow Juniors [red mat]	6:00 – 6:45 MMA Juniors [gray mat]	5:30 – 6:15 Brown & Above Juniors	10:30 – 11:15 MMA All [gray mat]
6:00 – 7:00 All Ranks Teens/Adults [gray mat]	6:30 – 7:30 All Ranks Teens/Adults [red mat]	6:00 – 7:00 All Ranks Teens/Adults [gray mat]	6:30 – 7:30 All Ranks Teens/Adults [red mat]	6:15 – 7:00 All Ranks Teens/Adults	10:30 – 11:15 OPEN MAT [red mat]
6:45 – 7:30 Brown & Above [red mat]	6:45 – 7:30 BLACK BELTS [gray mat]	6:45 – 7:30 Brown & Above [red mat]	6:45 – 7:30 BLACK BELTS [gray mat]	PRIVATE LESSONS <i>Available 6 days a week</i>	PRIVATE LESSONS <i>Available 6 days a week</i>
7:15 – 8:15 MMA Adults [gray mat]	7:30 – 8:15 MMA Adults [gray mat]	7:15 – 8:15 MMA Adults [gray mat]	7:30 – 8:15 MMA Adults [gray mat]	PRIVATE LESSONS <i>Available 6 days a week</i>	BIRTHDAY PARTIES 12:00 – 1:30 pm

We offer programs for traditional Taekwondo as well as Mixed Martial Arts (MMA).
 Updates, belt information, and school closings available on our website: www.KicksideMA.com
 Call 609-430-0513 or email montgomerykicker@gmail.com for more information.