



Montgomery In-Person Schedule

Effective 4/1/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 – 5:15 White – Sr. Blue <i>Juniors</i>	PRIVATE LESSONS <i>Available</i>	4:30 – 5:15 White – Sr. Blue <i>Juniors</i>	PRIVATE LESSONS <i>Available</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>	<i>Red Belts & Up Instructor Training 4:45 - 6:45</i>	9:00 – 9:45 Brown & Above <i>Juniors</i>
5:15 – 6:15 MMA <i>Juniors</i>	5:30 – 6:15 White – Sr. Yellow <i>Juniors</i>	5:15 – 6:15 MMA <i>Juniors</i>	5:30 – 6:15 White – Sr. Yellow <i>Juniors</i>	5:15 – 6:00 White – Sr. Blue <i>Juniors</i>	9:00 – 9:45 All Ranks <i>Teens/Adults</i>
6:15 – 7:00 Brown & Above <i>Juniors</i>	5:30 – 6:15 Green – Sr. Blue <i>Juniors</i>	6:15 – 7:00 Brown & Above <i>Juniors</i>	5:30 – 6:15 Green – Sr. Blue <i>Juniors</i>	6:00 – 6:45 Brown & Above All <i>Ranks-Teens/Adults</i>	10:00 – 10:30 <i>Little Kickers</i>
6:15 – 7:15 All Ranks <i>Teens/Adults</i>	5:30 – 6:30 Jr Wrestling <i>Juniors</i>	6:15 – 7:15 All Ranks <i>Teens/Adults</i>	5:30 – 6:30 Jr Wrestling <i>Juniors</i>	PRIVATE LESSONS <i>Available</i>	9:45 – 10:15 White – Sr. Blue <i>Juniors</i>
6:30 - 7:15 MMA Grappling	6:15 – 7:15 BLACK BELTS	6:30 - 7:15 MMA Grappling	6:15 – 7:15 BLACK BELTS		10:15 – 11:00 MMA <i>All ages</i>
7:15 - 8:00 MMA Striking	6:15 – 7:15 All Ranks <i>Teens/Adults</i>	7:15 - 8:00 MMA Striking	6:15 – 7:15 All Ranks <i>Teens/Adults</i>		10:15 – 11:00 OPEN MAT
8:00 – 8:30 MMA Sparring	6:30 – 8:00 Wrestling <i>Adults</i>	8:00 – 8:30 MMA Sparring	6:30 – 8:00 Wrestling <i>Adults</i>		BIRTHDAY PARTIES

We offer programs for traditional Taekwondo as well as Mixed Martial Arts (MMA). www.KicksideMA.com or Call 609-430-0513