



KICKSIDE MARTIAL ARTS

Montgomery Schedule

Effective 7/4/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRIVATE LESSONS <i>Available</i>	9:30 – 11:00 AM MMA Fight Team <i>Invite only</i>	PRIVATE LESSONS <i>Available</i>	9:30 – 11:00 AM MMA Fight Team <i>Invite only</i>	PRIVATE LESSONS <i>Available</i>	PRIVATE LESSONS <i>Available</i>
4:45 – 5:30 White – Sr. Blue <i>Juniors</i>	4:00 - 4:45 PM Sword / Weapons	4:45 – 5:30 White – Sr. Blue <i>Juniors</i>	4:45 – 5:30 PM Brown – Sr. Red <i>Juniors</i>	10:00 – 10:45 AM Brown & Above <i>Juniors</i>	8:45 – 9:45 AM MMA <i>All ages</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>	5:30 – 6:15 Demo Team	10:00 – 10:45 All Ranks <i>Teens/Adults</i>	8:45 – 9:15 <i>Little Kickers</i>
5:30 – 6:15 MMA <i>Juniors</i>	5:30 – 6:15 Demo Team	5:30 – 6:15 MMA <i>Juniors</i>	5:30 – 6:15 White – Sr. Blue <i>Juniors</i>	10:45 – 11:30 White – Sr. Blue <i>Juniors</i>	9:15 – 10:00 White – Sr. Blue <i>Juniors</i>
6:15 – 7:15 Brown & Above <i>Juniors</i>	5:30 – 6:15 White - Sr. Blue <i>Juniors</i>	6:15 – 7:15 Brown & Above <i>Juniors</i>	6:15 – 7:15 BLACK BELTS		10:00 – 10:45 Brown & Above <i>Juniors</i>
6:15 – 7:15 All Ranks <i>Teens/Adults</i>	6:15 – 7:15 BLACK BELTS	6:15 – 7:15 All Ranks <i>Teens/Adults</i>	6:15 – 7:15 All Ranks <i>Teens/Adults</i>	Summer Friday Mornings!	10:00 – 10:45 All Ranks <i>Teens/Adults</i>
7:15 – 8:00 MMA Striking	6:15 – 7:15 All Ranks <i>Teens/Adults</i>	7:15 – 8:00 MMA Striking	7:15 – 8:00 Sword / Weapons		
8:00 – 8:45 MMA Fight Team		8:00 – 8:45 MMA Fight Team			BIRTHDAY PARTIES

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