



“ TOMORROW’S VICTORY IS WON AFTER TODAY’S PRACTICE.”
2010 Impact Martial Arts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kid Tigers 4-4:30 pm	Kid Tigers 4-4:30 pm	Kid Tigers 4-4:30 pm	Kid Tigers 4-4:30 pm		All Kids Class 10:00~10:30 am
Junior MMA Beginner/Inter 5:00~5:40 pm	Kid GJJ Competition Team 5:30-6:30 pm (invite only)	Junior MMA Advance 5:00~5:40 pm		Junior MMA All Belts 5:00~5:40 pm	Birthday Party
Junior MMA Advance 5:50~6:30 pm		Junior MMA Beginner/Inter 5:50~6:30 pm			

KID TIGER & JUNIOR MMA:

• Testing is every 3rd Friday 4 pm- Kid Tigers, 5 pm Juniors, 7 pm Thai Kickboxing
Kid Tigers – Ages 4 ~ 6

Junior Beg/Inter Ages 7 ~13 white – yellow double green

Junior advance Ages 7 ~13 orange – black **(Need to be in Jiu Jitsu Gi)** & must have gloves.

THAI KICKBOXING:

Thai Kickboxing – All levels, need to be in academy shorts, hand wraps, t-shirt or tank with belt. Emphasizing the proper mechanics and techniques of **Muay Thai**. In addition, this class is stacked with crunches, push-ups, squats, and lunges, giving you a total body conditioning program.

Thai Kickboxing Open Mat/Sparring – All level

Thai Kickboxing Conditioning – All level, intense workout with emphases on cardio and plyometrics. Expect to burn 800 to 1000 calories.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Thai Kickboxing 12:00 ~ 1:00 pm		Thai Kickboxing 12:00 ~ 1:00 pm	Private Lesson	Thai Kickboxing (Conditioning) 11:00 ~ 12:00 am
Thai Kickboxing 6:45 ~ 7:45 pm	Thai Kickboxing Open mat/sparring 6:45 ~ 7:45 pm	Thai Kickboxing 6:45 ~ 7:45 pm	Thai Kickboxing 6:00~7:00 pm		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GJJ Core 7:50 ~ 8:50 pm	GJJ Core 10:30 ~ 11:30 am	GJJ Core 7:50 ~ 8:50 pm	GJJ Core 7:00 ~ 8:00 pm	Private Lesson	GJJ Ground 12:10 ~ 1:10 pm
GJJ Sparring 8:50 ~ 9:30 pm (w/1 stripe and above)	GJJ Sparring 11:30 ~ 12:00 pm	GJJ Sparring 8:50 ~ 9:30 pm (w/1 stripe and above)	GJJ Sparring 8:00 ~ 8:40 pm (w/1 stripe and above)		GJJ Sparring 1:10 ~ 1:50 pm (w/1 stripe and above) Gi & No Gi

GRACIE JIU JITSU:

Gracie Jiu Jitsu Core/Ground – All level, need to be in a full Gi (kimono) with proper Academy & association patches. Rotating curriculum that focus on stand up surprise attacks, weapons disarm, clinches and takedowns, and ground grappling. **Gracie Jiu Jitsu Sparring** – students who have achieved white/one stripe and above may participate.