

# My Martial Arts February 2019 Schedule

Little Ninjas: Ages 4 - 6

Juniors: Ages 7 – 13

Adults: Ages 14 & up

Kids Adaptive Training: Ages 6 – 13

Adult Adaptive Training: Ages 14 & up

	Monday Mainstream	Tuesday Adaptive Training	Wednesday Mainstream	Thursday Adaptive Training	Friday Mainstream	Saturday Everyone 😊
5:30am		5:30 – 6:30 Kickboxing		5:30 – 6:30 Kickboxing		
6:30am		6:30 – 7:30 Kickboxing / Fitness		6:30 – 7:30 Kickboxing / Fitness		
9:30am	9:30 – 10:30 Ladies Fitness Kickboxing	9:30 – 10:30 Adult Adaptive Fitness Training	9:30 – 10:30 Ladies Fitness Kickboxing	9:30 – 10:30 Adult Adaptive Fitness Training	9:30 – 10:30 Ladies Fitness Kickboxing	9:30 – 10:15 Kids Adaptive Fitness
10:30am						10:30 – 11:00 Little Ninjas
11:00am						11:00 – 12:00 Juniors All Levels
12:30pm						12:30 – 1:30 Adult Adaptive Fitness
4:00pm	4:00 – 4:30 Little Ninjas	4:00 – 4:30 Kids Adaptive M. A.	4:00 – 4:30 Little Ninjas	4:00 – 4:30 Kids Adaptive M. A.	4:00 – 4:30 Little Ninjas	
4:30pm	4:30 – 5:30 Juniors White – Green Belts	4:30 – 5:00 Kids Adaptive M. A.	4:30 – 5:30 Juniors White – Green Belts	4:30 – 5:00 Kids Adaptive M. A.	4:30 – 5:30 Juniors White – Green Belts	
5:00pm		5:00 – 5:30 Kids Adaptive M. A.		5:00 – 5:30 Kids Adaptive M. A.		
5:30pm	5:30 – 6:30 Advanced Juniors Blue Belts and Above	5:15 – 5:45 Mainstream Little Ninjas	5:30 – 6:30 Kids Jui-Jitsu	5:15 – 5:45 Mainstream Little Ninjas	5:30 – 6:30 Advanced Juniors Blue Belt and Above	
6:00pm		5:45 – 6:45 Adult Adaptive Fitness		5:45 – 6:45 Adult Adaptive Fitness		
6:30pm	6:30 – 7:30 Jui-Jitsu Class	5:45 – 6:45 Mainstream Juniors All Levels	6:30 – 7:30 Jui-Jitsu Class	5:45 – 6:45 Mainstream Juniors All Levels	6:30 – 7:30 Open Mat Jui-Jitsu	
7:00pm		6:45 – 7:15 Adult Adaptive Martial Arts		6:45 – 7:15 Adult Adaptive Martial Arts		
7:30pm		7:30 – 8:30 Mainstream Adult Martial Arts	7:30 – 8:30 Adult Martial Arts	7:30 – 8:30 Mainstream Adult Martial Arts		

\*\*\*Tony Rios: (214) 499-3666: 3641 W. Northwest Highway #150:  My Martial Arts DFW \*\*\*