

# My Martial Arts August 2020 Schedule

Little Ninjas: Ages 4 - 6

Juniors: Ages 7 – 12

Adults: Ages 13 & 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 😊
	6:30 – 7:30 Kickboxing / Fitness		6:30 – 7:30 Kickboxing / Fitness		
					9:30 – 10:00 Kids Adaptive Fitness
					10:30 – 11:00 Little Ninjas
					11:30 – 12:15 Juniors All Levels
3:15 – 4:00 Juniors All Levels		3:15 – 4:00 Juniors All Levels		3:15 – 4:00 Juniors All Levels	12:45 – 1:15 Adult Adaptive Fitness/ Martial Arts
	3:45 – 4:15 Kids Adaptive M. A.		3:45 – 4:15 Kids Adaptive M. A.		1:30 – 2:30 +13 All Levels
4:30 – 5:00 Little Ninjas		4:30 – 5:00 Little Ninjas		4:30 – 5:00 Little Ninjas	
	4:45 – 5:15 Kids Adaptive M. A.		4:45 – 5:15 Kids Adaptive M. A.		
5:30 – 6:15 Juniors All Levels		5:30 – 6:15 Juniors All Levels		5:30 – 6:15 Juniors All Levels	
	5:45 – 6:15 Adult Adaptive Martial Arts		5:45 – 6:15 Adult Adaptive Martial Arts		
6:30 – 7:30 Adult Jui-Jitsu Class / +13 All Levels	6:45 – 7:15 Adult Adaptive Martial Arts	6:30 – 7:30 Adult Jui-Jitsu Class / +13 All Levels	6:45 – 7:15 Adult Adaptive Martial Arts		

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