

My Martial Arts 2021 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

(214) 499-3666: 3641 W. Northwest Highway #150

Monday Mainstream	Tuesday Adaptive Training	Wednesday Mainstream	Thursday Adaptive Training	Friday Mainstream	Saturday Everyone 😊
6:00 – 7:00AM Adult Jiu-Jitsu	6:30 – 7:30AM Kickboxing / Fitness	6:00 – 7:00AM Adult Jiu-Jitsu	6:30 – 7:30AM Kickboxing / Fitness	6:00 – 7:00AM Adult Jiu-Jitsu	
					9:30 – 10:00AM Kids Adaptive Fitness
					10:30 – 11:00AM Little Ninjas
					11:15AM – 12:15PM Juniors All Levels TKD Class
3:45 – 4:30PM Juniors All Levels TKD CLASS		3:45 – 4:30PM Juniors All Levels TKD Class		3:45 – 4:30PM Juniors All Levels TKD CLASS	12:45 – 1:15PM Adult Adaptive Fitness/ Martial Arts
	3:45 – 4:15PM Kids Adaptive M. A.		3:45 – 4:15PM Kids Adaptive M. A.		1:30 – 2:30PM +13 All Levels M.A.
4:45 – 5:15PM Little Ninjas TKD Class		4:45 – 5:15PM Little Ninjas TKD Class		4:45 – 5:15PM Little Ninjas TKD Class	
	4:45 – 5:30PM Juniors All Level TKD Class		4:45 – 5:30PM Juniors All Level TKD Class		
5:30 – 6:15PM Kids Jiu-Jitsu Class		5:30 – 6:15PM Kids Jiu-Jitsu Class		5:30 – 6:30PM Juniors & Adult All Levels TKD Class	
	5:45 – 6:15PM Adult Adaptive Martial Arts		5:45 – 6:15PM Adult Adaptive Martial Arts		
6:30 – 7:30 Adult Jiu-Jitsu Class/ +13 All Levels M.A.	6:45 – 7:15PM Adult Adaptive Martial Arts	6:30 – 7:30PM Adult Jiu-Jitsu Class / +13 All Levels M.A.	6:45 – 7:15PM Adult Adaptive Martial Arts		