

# Next Generation Martial Arts

**508-429-8620**

**Fall/Winter/Spring 2009/2010**

## Monday

<b>9:30 – 10:30</b>	<b>Adult</b>	<b>Beginner</b>
<b>2:45 – 3:45</b>	<b>Ages 7-13</b>	<b>Blue – Black</b>
<b>4:15 – 5:00</b>	<b>Ages 4-6</b>	<b>All Ranks</b>
<b>5:00 – 6:00</b>	<b>Ages 7-13</b>	<b>White - Purple</b>
<b>6:30 – 7:30</b>	<b>Adult</b>	<b>Cardio</b>
<b>7:30 – 9:00</b>	<b>Adult</b>	<b>Advanced</b>

## Tuesday

<b>2:45 – 3:45</b>	<b>Ages 7-13</b>	<b>White - Blue</b>
<b>4:15 – 5:00</b>	<b>Ages 4-6</b>	<b>All Ranks</b>
<b>5:30 – 6:30</b>	<b>Ages 7-13</b>	<b>Green - Black</b>
<b>6:30 – 7:30</b>	<b>Teen</b>	<b>Grappling</b>
<b>7:30 – 9:00</b>	<b>Adult</b>	<b>Beginner - Intermediate</b>

## Wednesday

<b>9:30 – 10:30</b>	<b>Adult</b>	<b>Beginner</b>
<b>2:45 – 3:45</b>	<b>Ages 7-13</b>	<b>Purple - Black</b>
<b>4:15 – 5:00</b>	<b>Ages 4-6</b>	<b>All Ranks</b>
<b>5:00 – 6:00</b>	<b>Ages 7-13</b>	<b>White - Purple</b>
<b>6:30 – 7:30</b>	<b>Adult</b>	<b>Cardio</b>
<b>7:30 – 9:00</b>	<b>Adult</b>	<b>Advanced</b>

## Thursday

<b>3:45 – 4:30</b>	<b>Ages 4-6</b>	<b>All Ranks</b>
<b>4:30 – 5:30</b>	<b>Ages 7-13</b>	<b>Orange - Blue</b>
<b>5:30 – 6:30</b>	<b>Ages 7-13</b>	<b>Blue - Black</b>
<b>6:30 – 7:30</b>	<b>Teen</b>	<b>Green - Black</b>
<b>7:30 – 8:30</b>	<b>Adult</b>	<b>Beginner - Intermediate</b>

## Friday

<b>9:00</b>	<b>Adult</b>	<b>Open</b>
<b>6:00 - 7:00</b>	<b>Women (15+)</b>	<b>Women self-defense (6-wk course)</b>
<b>7:30 – 9:00</b>	<b>Adult</b>	<b>Jujitsu (Master Jiava)</b>

## Saturday

<b>9:00 - 9:45</b>	<b>Ages 4-6</b>	<b>All Ranks</b>
<b>10:00 - 11:00</b>	<b>Ages 7-13</b>	<b>All Ranks</b>
<b>11:00- 12:00</b>	<b>Teen</b>	<b>Grappling</b>
<b>12:00 - 1:00</b>	<b>7 - 13</b>	<b>Sparring (6-wk course)</b>
<b>1:00 - 2:00</b>	<b>Adult</b>	<b>Sparring (6-wk course)</b>

## Sunday

<b>4:00 – 5:30</b>	<b>Adult</b>	<b>Jujitsu (Master Jiava)</b>
--------------------	--------------	-------------------------------