

# Frontier Martial Arts Schedule

Time	MON	TUE	WED	THU	FRI	Time	SAT
11:30 AM			Krav Maga Adults (12+)		Krav Maga Adults (12+)	8:30 AM	Weapons Training
1:00 PM	Youn Wha All Levels		Youn Wha All Levels			9:00 AM	Youn Wha All Levels (Except Tigers)
4:00 PM	Youn Wha All Levels	Kids BJJ	Youn Wha Sparring	Youn Wha All Levels			
5:00 PM	Tigers 4-5 Years Old	Youn Wha White Belts Fundamentals	Tigers 4-5 Years Old	Youn Wha White Belts Fundamentals			
5:30 PM	Youn Wha Beginner	Youn Wha Intermediate	Youn Wha Beginner	Youn Wha Intermediate		9:30 AM	Youn Wha Sparring
	Iaido 8 & Up (Japenese Swordsmanship)	Muy Thai 8 & Up (Kickboxing)	Iaido 8 & Up (Japenese Swordsmanship)	Muy Thai 8 & Up (Kickboxing)			BJJ 16 & Up
6:30 PM	Youn Wha Intermediate	Youn Wha Beginner	Youn Wha Sparring	Youn Wha Beginner	Youn Wha All Levels	10:30 AM	Youn Wha Adults
	Krav Maga Kids (8-11)	BJJ 8 & Up	Krav Maga Kids (8-11)	BJJ 8 & Up			
7:30 PM	Youn Wha Adults	Krav Maga Adults (12+)	Youn Wha All Levels	Krav Maga Adults (12+)	Youn Wha Advanced		
	Youn Wha Advanced						
By Appt	Private Lessons with an Instructor or Master Jeff are available upon request. Contact Master Jeff to schedule a private lesson. Cost is \$25 (\$50 for Master) for 30 minutes.						