

Master Na Martial Arts Program Schedule

Taekwondo

Date/Time	Mon	Tues	Wed	Thur	Fri	Sat
10:30- 11 am	Lil' Dragons		Lil' Dragons			9:30–10:15am Children All Belts
11– 11:45 am	All Belts		All Belts	All Belts		
4 – 4:30 pm	Lil' Dragons	Lil' Dragons	Lil' Dragons	Lil' Dragons		10:30- 12:30 WE Poomsae Team (Special Enrollment)
4:30 – 5:15	Green to Blue Belts	White to Adv. Yellow Belts	Green to Blue Belts	White to Adv. Yellow Belts	White to Blue Belts	
5:15 – 6:00	White to Adv. Yellow Belts	Green to Blue Belts	White to Adv. Yellow Belts	Green to Blue Belts	Demo Team	
6:00 – 6:45	Red- Black Belts & WE Team	Red to Black Belts	TKX Beginner	Red- Black Belts & WE Team	Red to Black Belts	12:30 - 2 WE Sparring Team (Special Enrollment)
6:45 – 7:30	Family Class	Family Class	TKX Advanced	Family Class	Family Class	
7:30 – 8:15	Adults Only	Adults Only	Adults Only	Adults Only		

Lil Dragons: 4 & 5 years old. Family Class is ALL belts & all ages (except dragons).

Adults Only is for 13 and older, ALL belts. WE team is by special enrollment only. Demo team is by invitation.

Impact Krav Maga

Date/Time	Mon	Tues	Wed	Thur	Fri	Sat
6 – 6:45 pm	Level I		Level I		6 – 7:30 Fight Night	
6:45 – 7:30	Level II	Level I	Level II	Level I & II		
7:30 – 8:15		Level II & III		Level III		

IMPACT Kickboxing

Date/Time	Mon	Tues	Wed	Thur	Fri	Sat
9 am to 1 pm	All Levels	All Levels	All Levels	All Levels	All Levels	9 – 11:30 am All Levels
3:30 – 5 pm	All Levels	All Levels	All Levels	All Levels	All Levels	
5 – 5:30	Beginner	All Levels	Beginner	All Levels	Beginner	
5:30 - 6	Int./Advanced	All Levels	Int./Advanced	All Levels	Int./Advanced	
6-6:45		All Levels		All Levels		

TKX

Date/Time	Mon	Tues	Wed	Thur	Fri	Sat
12:30 – 3 pm						All Levels
6 – 6:45			Beginner			
6:45 – 7:30			Advanced			