

Jaz Family Sport & APSK Martial Arts Academy
August 12th 2024 Winter Schedule
3701 E Southern Ave. Mesa Az. 85206 480-924-1545
 www.apskmartialarts.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15-5:pm <small>Parents MMA/Fitness K-Boxing 4:15-5:pm</small>		4:15-5:pm <small>Parents MMA/Fitness K-Boxing 4:15-5:pm</small>			
4:15 - 5:pm Tots 4-6 year old	4:15 - 5:pm Tots 4-6 year old	4:15 - 5:pm Tots 4-6 year old	4:15 - 5:pm Tots 4-6 year old	4:15 - 5:pm Tots 4-6 year old	9am-10am <small>*Weapons Ask if you can attend</small>
5:15 - 6:pm Kids all ranks 7-10 years old MMA, Forms, Tumbling - JuJitsu	5:15 - 6:pm Kids all ranks 7-10 years old MMA, Forms, Tumbling - JuJitsu	5:15 - 6:pm Kids all ranks 7-10 years old MMA, Forms, Tumbling - JuJitsu	5:15 - 6:pm Kids all ranks 7-10 years old MMA, Forms, Tumbling - JuJitsu	5:15 - 6:pm Kids all ranks 7-10 years old MMA, Sparring	<small>*10 am -11am Comp. Team</small> <small>Kids - Teens- adults (Competitors Only)</small> <small>Demo & Tournament Team</small>
*6:15 - 6:45 pm Purple - Black Teen, Adult, Family MMA, Sparring	6:15 - 7:pm White - Black 10 to Adult & Family	*6:15 - 6:45 pm Purple - Black Teen, Adult, Family MMA, Sparring	6:15 - 7:pm White - Black 10 to Adult & Family	6:15 - 7:pm White - Black 10 to Adult & Family	<small>Private classes available by apt.</small>
*6:45 - 7:15 pm White - Black MMA, Sparring	*7:15-8 PM Floor C-2 Teen & Adult Grappling/BJJ	*6:45 - 7:15 pm White - Black MMA, Sparring	*7:15-8 PM Floor C-2 Teen & Adult Grappling/BJJ	*7 - 7:30 pm White - Black MMA, Sparring	
7:15 - 8 pm White - Black 10 to Adult & Family		7:15 - 8 pm White - Black 10 to Adult & Family	MMA, Sparring	*7:30 - 8 pm Purple - Black Teen, Adult, Family MMA, Sparring	

Attention Students: Want more classes? Ready to take your training to the next level?
 Than ask about our Black Belt Club Program! * Requires an extra fee and/or extra equipment
 Want To Improve Faster?
 All APSK Instructors are available for private lessons. Schedule them through the front desk
 Note to students: Bring your Full Uniform and All your equipment to every class.
 Equipment is available for purchase at the APSK Pro-Shop!

Demo & Tournament Team	*Weapons	* Spar & Kick Box, S-D
Interm.-Adv Kenpo MMA	Parent Classes Fitness K-Boxing	Grappling/BJJ
	Beginners MMA-Kenpo	