

**Jaz Family Sport & APSK Martial Arts Academy**  
**November 4th 2023 Holiday Schedule**  
**3701 E Southern Ave. Mesa Az. 85206 480-924-1545**  
 www.apskmartialarts.com

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|--|--|--|---|
|  |  |  |  |  | All Saturday classes must confirm   |
| 4:15-5: pm<br>Tots & Kids Beg.   | 4:15-5: pm<br>Tots & Kids Beg.                               | 4:15-5: pm<br>Tots & Kids Beg.   | 4:15-5: pm<br>Tots & Kids Beg.                               | 4:15-5: pm<br>Tots & Kids Beg.   | 9-10 am<br>*Weapons (ask if you can attend)   |
| 5:15-6: pm<br>Kids Beg.<br>MMA, Forms,<br>Tumbling - JuJitsu                             | 5:15-6: pm<br>Kids Beg.<br>MMA, Forms,<br>Tumbling - JuJitsu | 5:15-6: pm<br>Kids Beg.<br>MMA, Forms,<br>Tumbling - JuJitsu                             | 5:15-6: pm<br>Kids Beg.<br>MMA, Forms,<br>Tumbling - JuJitsu | 5:15-6 pm<br>All Ranks (need to have Sparring Gear)<br>*Kids Sparring                    | *10-11 am Kids Comp. Team<br>All Rank (Competitors Only)<br>*Demo & Tournament Team |
| 6:15 - 7:15 pm<br>White - Black<br>10 - Adults & Family                                  | 6:15 - 7:15 pm<br>White - Black<br>10 - Adults & Family      | 6:15 - 7:15 pm<br>White - Black<br>10 - Adults & Family                                  | 6:15 - 7:15 pm<br>White - Black<br>10 - Adults & Family      | 6:15 - 7:15 pm<br>White - Black<br>10 - Adults & Family                                  |   |
| *7:15 - 7:45 pm White - Black<br>MMA, Sparring<br>All Ranks (need to have Sparring Gear) | *7:15-8 PM Floor C-2<br>Teen & Adult<br>Grappling/BJJ        | *7:15 - 7:45 pm White - Black<br>MMA, Sparring<br>All Ranks (need to have Sparring Gear) | *7:15-8 PM Floor C-2<br>Teen & Adult<br>Grappling/BJJ        | *7:15 - 7:45 pm White - Black<br>MMA, Sparring<br>All Ranks (need to have Sparring Gear) |   |
|  |  |  | MMA, Sparring  |  |   |

**Attention Students:** Want more classes? Ready to take your training to the next level?

Then 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  | Fitness Kick Boxing | Grappling/BJJ          |
| Camp kids              | Beginners MMA-Kenpo |                        |