

**Jaz Family Sport & APSK Martial Arts Academy**  
**March 2nd 2026**  
**3701 E Southern Ave. Mesa Az. 85206 480-430-3016**  
**www.apskmartialarts.com**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15 - 5pm - Fitness Kick Boxing		4:15 - 5pm - Fitness Kick Boxing			All Saturday classes must confirm
4:15-4:45 pm Tots & Kids Beginners MMA	4:15-4:45 pm Tots & Kids Beginners MMA	4:15-4:45 pm Tots & Kids Beginners MMA	4:15-4:45 pm Tots & Kids Beginners MMA	4:15-4:45 pm Bring a Friend Fun Day	*8AM-9AM Floor C-2 Teen & Adult Int/Adv Grappling/BJJ
4:45-5:pm Beg. Tots & Kids Tumbling.	4:45-5:pm Beg. Tots & Kids Tumbling.	4:45-5:pm Beg. Tots & Kids Tumbling.	4:45-5:pm Beg. Tots & Kids Tumbling.	4:45-5:pm Bring a Friend Fun Day	9-10 am
5:15-5:45 pm Orange-Jr Black Kids MMA	5:15-5:45 pm Orange-Jr Black Kids MMA	5:15-5:45 pm Orange-Jr Black Kids MMA	5:15-5:45 pm Orange-Jr Black Kids MMA	5:15-5:45 pm Kids Grappling/BJJ	*Weapons (ask if you can attend)
5:45-6pm Kids Sparring <small>All Ranks (need to have Sparring Gear)</small>	5:45-6: pm Kids Tumbling.-Tricking	5:45-6pm Kids Sparring <small>All Ranks (need to have Sparring Gear)</small>	5:45-6: pm Kids Tumbling.-Tricking	5:45-6: pm Kids Sparring <small>All Ranks (need to have Sparring Gear)</small>	*10-11 am Comp. Team All Rank (Competitors Only) *Demo & Tournament Team
6:15 - 6:45 pm Beginner 10 - Adults MMA	6:15 - 7:15 pm Purple - Black 10 - Adults & Family MMA	6:15 - 6:45 pm Beginner 10 - Adults MMA	6:15 - 7:15 pm Purple - Black 10 - Adults & Family MMA	6:15 - 7:pm White - Black MMA	11-11:15 am Dodgeball Fun
*6:45 - 7:15 pm White - Black MMA, Sparring <small>All Ranks (need to have Sparring Gear)</small>	*6:45-7:15 PM Floor C-2 Teen & Adult Grappling/BJJ	*6:45 - 7:15 pm White - Black MMA, Sparring <small>All Ranks (need to have Sparring Gear)</small>	*6:45-7:15 PM Floor C-2 Teen & Adult Grappling/BJJ	All Ranks 10 - Adults & Family	
6:45 - 7:45 pm Purple - Black 10 - Adults & Family MMA	7:15 - 7:45 pm Beginner 10 - Adults MMA	6:45 - 7:45 pm Purple - Black 10 - Adults & Family MMA	7:15 - 7:45 pm Beginner 10 - Adults MMA		

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	Fitness Kick Boxing	Grappling/BJJ
Tumbling	Beginner 10 - Adults	