

Jaz Family Sport & APSK Martial Arts Academy
August 8th 2022 Schedule
3701 E Southern Ave. Mesa Az. 85206 480-924-1545
www.apskmartialarts.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Fitness Kick Boxing			Fitness Kick Boxing	
4:15-5: pm Tots & Kids Beg.	4:15-5: pm Tots & Kids Beg.	4:15-5: pm Tots & Kids Beg.	4:15-5: pm Tots & Kids Beg.		*9 - 10 am Floor C-2 Teen & Adult Grappling/BJJ
5:15-6 pm Kids Beg. MMA, Forms, Tumbling - JuJitsu	5:15-6 pm Kids Beg. MMA, Forms, Tumbling - JuJitsu	5:15-6 pm Kids Beg. MMA, Forms, Tumbling - JuJitsu	5:15-6 pm Kids Beg. MMA, Forms, Tumbling - JuJitsu	5:15-6 pm Kids Beg. MMA, Forms, Tumbling - JuJitsu	*10-10:45 am Bo Staff \$5.00 Fee
5:15-6 pm Kids Orange - Black * Spar & Kick Box, S-D	5:15-6 pm Kids Orange - Black * Spar & Kick Box, S-D	5:15-6 pm Kids Orange - Black * Spar & Kick Box, S-D	5:15-6 pm Kids Orange - Black * Spar & Kick Box, S-D	*5:15 - 6 pm Kids - All Rank MMA, Sparring	*10-10:45 am Nunchku \$5.00 Fee
6:15-7 pm Teens-Adults Beginners Family	6:15-7 pm Teens-Adults Beginners Family	6:15-7 pm Teens-Adults Beginners Family	6:15-7 pm Teens-Adults Beginners Family	*6-7 pm White - Black Kids,Teen, Adult, MMA, Sparring *& Kick Box, S-D	*10 - 10:45 am SAK Arnis Stick & Knife
*7-8 pm White - Black Kids,Teen, Adult, MMA, Sparring *& Kick Box, S-D	*7-8 PM Floor C-2 Teen & Adult Grappling/BJJ	7-8 pm Purple - Black Kids,Teen, Adult, MMA & Forms * Spar & Kick Box, S-D	7-8 pm Purple - Black Kids,Teen, Adult, MMA & Forms * Spar & Kick Box, S-D		

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	