

Integrity Martial Arts

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Website : www.karatecarrollton.com

Building Next Generation with Integrity and Discipline

Beginners / Intermediate / Advanced & Brazilian Jiu Jitsu

Monday:

- 5:00pm - 5:50pm - Kids / Teens / Adults
- 6:00pm - 6:50pm - Kids / Teens / Adults
- 7:00pm - 7:50pm - Teens / Adults (Age 13 and above)

Tuesday

- 5:00pm - 5:50pm - Kids / Teens / Adults
- 6:00pm - 6:50pm - Sparring (sparring -must be yellow belt or higher)
- 7:00pm - 7:50pm - Demonstration Team

Wednesday:

- 5:00pm - 5:50pm - Kids / Teens / Adults
- 6:00pm - 6:50pm - Kids / Teens / Adults
- 7:00pm - 7:50pm - Kids / Teens / Adults

Thursday:

- 5:00pm - 5:50pm - Kids / Teens / Adults
- 6:00pm - 6:50pm - Kids / Teens / Adults
- 7:00pm - 7:50pm - Foundations Jiu Jitsu Selected ages

Friday:

- 5:00pm - 5:50pm - Kids / Teens / Adults
- 6:00pm - 6:50pm - Kids / Teens / Adults
- 7:00pm - 7:50pm - Intermediate or higher belts only

Saturday:

- 10:00am - 10:50am - Advance Class
- 11:00am - 11:50am - Kids / Teens / Adults
- 12:00pm - 12:50pm - Sparring (sparring -must be yellow belt or higher)
- 1:00pm - 2:00pm - Foundations Jiu Jitsu

Sunday: - *Closed*