

# Integrity Martial Arts

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Building Next Generation with Integrity and Discipline

## NEW SCHEDULE BEGINS DECEMBER 7, 2020

Beginners / Intermediate / Advanced & Brazilian Jiu Jitsu

### Monday:

- 5:00pm - 5:45pm - Kids / Teens / Adults / Lil' Warriors
- 5:50pm - 6:35pm - Kids / Teens / Adults
- 6:40pm - 7:25pm - Kids / Teens / Adults
- 7:30pm - 8:15pm - Kids / Teens / Adults

### Tuesday

- 5:00pm - 5:45pm - Beginner and Intermediate Sparring (sparring -must be yellow belt or higher)
- 5:50pm - 6:35pm - Intermediate and Advanced Sparring (sparring -must be green belt or higher)
- 6:40pm - 7:25pm - Demonstration Team
- 7:30pm - 8:15pm - Intermediate and Advanced Sparring (sparring -must be green belt or higher)

### Wednesday:

- 5:00pm - 5:45pm - Kids / Teens / Adults / Lil' Warriors
- 5:50pm - 6:35pm - Kids / Teens / Adults
- 6:40pm - 7:25pm - Kids / Teens / Adults
- 7:30pm - 8:15pm - Kids / Teens / Adults

### Thursday:

- 5:00pm - 5:45pm - Kids / Teens / Adults
- 5:50pm - 6:35pm - Kids / Teens / Adults
- 6:40pm - 7:25pm - Kids / Teens / Adults
- 7:30pm - 8:15pm - Foundations Jiu Jitsu Selected ages

### Friday:

- 5:00pm - 5:45pm - Beginners Only / Lil' Warriors (white, yellow, orange)
- 5:50pm - 6:35pm - Intermediate Only (green, blue, purple)
- 6:40pm - 8:15pm - Advanced Belts Only (red, brown, black)

### Saturday:

Special Seminar and Workshop (Dates and Times vary)

Sunday: - *Closed*