

# Integrity Martial Arts

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**Website : [www.karatecarrollton.com](http://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 - Beginner and Intermendate Sparring (sparring -must be yellow belt or higher)
- 6:00pm - 6:50pm - Intermendate and Advanced 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 - All Belts Sparring (sparring -must be yellow belt or higher)

**Sunday: - Closed**