



2012 Class Schedule

Effective February 13

		Monday	Tuesday	Thursday	Saturday		
		A/B	A	B			
Preschool Lil' Dragons	<i>Ages</i>				JAGUAR TEAM		
	<i>All Ranks</i>	5:00 PM	4:15 PM	4:15 PM			
	<i>5 to 6</i>		6:40 PM	6:40 PM			
Basic Training		5:30 PM	4:55 PM	4:55 PM		PRIVATE LESSONS	
	<i>White, Orange, Yellow</i>		7:15 PM	7:15 PM			
	<i>7 to 12</i>						
Black Belt Training		5:30 PM	4:55 PM	4:55 PM			BIRTHDAY PARTIES
	<i>Orange, Yellow</i>	6:45 PM	7:15 PM	7:15 PM			
	<i>7 to 12</i>						
Advanced BBT		6:45 PM	5:45 PM	5:45 PM			
	<i>Blue and Up</i>						
	<i>7 to 12</i>						
Teen Martial Arts							
	<i>White, Orange, Yellow</i>		8:00 PM	8:00 PM			
	<i>13 and Up</i>						
	<i>Green and Up</i>						

A Curriculum - Striking Skills, Forms, Self-Defense and Weapon Training
 B Curriculum - Fitness/Conditioning, Kicking, Sparring, and Stance Training
 A/B Curriculum - This is the 1x per week class option. It is a 75 minute class.



Are you looking for a unique birthday party experience for your child this year? Synergy Martial Arts has the perfect birthday party package for your family. All of our parties are hosted by professional martial arts instructors and include set up and clean up so you can relax and enjoy your child's special day! Contact us today for more information or to schedule your child's birthday party.

245-4990

www.martialartslouisville.com