



# Class Schedule

## Taekwondo

KIDS Ages 7 - 13

White & Gold Belt

Mon, Wed: 4:30-5:15pm

Orange - Blue Belt

Mon, Wed: 5:15-6:00pm

Sparring

Fri: 4:30-5:30pm

ALL AGES

Red to Black Belt

Mon, Wed: 6:00-6:45pm

ADULT/TEEN Ages 14 & up

All Ranks

Mon, Wed: 6:45-7:45pm

Sparring All ranks Tues:

6:15-7:15pm

## Tiny Tigers

KIDS Ages 5 - 6

Mon, Wed: 4:45-5:15pm

## Judo

KIDS Ages 7 - 13

White Belt

Tues, Thur: 5:30-6:30pm

ADULT/TEEN 14 & up

All Ranks

Tues, Thur: 6:30-7:45pm, Fri: 5:30-6:30pm

## Modern Arnis

ADULTS

All Ranks

Mon, Wed: 7:45-9:00pm, Sat: 9:30-11:00am

## Fitkick Fitness

ADULTS

Tues, Thur: 5:30-6:15pm, Sat: 9:00-9:45pm

Tuition Information: Martial Arts (includes Taekwondo, Judo and Modern Arnis) \$129/month; FitKick Fitness \$49/month

We do not require a registration fee or contract. The family discount is 20% for two family members and 25% for three or more family members. We collect tuition through an automatic draft from a debit or credit card. All monies paid in advance for instruction are non refundable. We can be reached at [info@ammacs.com](mailto:info@ammacs.com). Follow us on Facebook and Instagram!