



# DEFENSIVE EDGE MARTIAL ARTS

# WINTER 2022



EFFECTIVE DECEMBER 27<sup>TH</sup> 2021

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## YOUTH MARTIAL ARTS SCHEDULE

PROGRAM	MON	TUES	WED	THURS	FRI	SAT
<b>GOLDEN EAGLES</b> (4-6 y/o)	4:00 - 4:45 PM		4:00 - 4:45 PM		4:45 - 5:30 PM	9:45 - 10:30 AM
<b>TEEN/ SAMURAI</b> (7-13 y/o)	4:45 - 5:30 PM	4:00 - 4:45 PM	4:45 - 5:30 PM	4:00 - 4:45PM		10:30 - 11:15 AM
<b>YOUTH BJJ</b> (7-13 y/o)		5:30-6:15 PM		5:30-6:15 PM	4:00-4:45PM (No Gi)	
<b>YOUTH MMA</b> (7-13 y/o)	5:30-6:15 PM (Striking)	4:45-5:30 PM		4:45-5:30 PM	4:00 - 4:45 PM (Grappling)	
<b>YOUTH MUAY THAI</b> (7-13 y/o)	5:30-6:15 PM		5:30-6:15 PM		5:30-6:15 PM	11:15-12:00 PM
<b>ADV. YOUTH</b> (PURPLE-GREEN & ABOVE)			6:15-7:00 PM			

