

Main Street Martial Arts

Schedule of Classes

INTRO SPECIAL: 1 week of classes, includes uniform/gi only \$30
(intro special for Youth TKD and Teen/Adult IFS only)

Youth Sport Tae Kwon Do

(ages 4-16)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--------------------------------------------|---------------------------------------|--------------------------------------------|---------------------|-------------------------------------------------------------------------------------------------------------------|
| 3:30-4:10 | Kids TKD White, Yellow, Orange Belts | ASKP Classes | Kids TKD White, Yellow, Orange Belts | ASKP Classes | TKD Sparring Beginning Levels 3:30-4:30 Intermediate - Advanced 4:30-5:30 |
| 4:20-5:00 | Kids TKD Green, Purple Belts | | Kids TKD Green, Purple Belts | | |
| 5:10-5:50 | Kids TKD Blue, Red, Black Belts | Kids TKD Blue, Red, Black Belts | | | |
| 6:00-6:45 | Dragons TKD (age 10 & up) | Dragons TKD (age 10 & up) | | | |

TEEN/ADULT PROGRAMS

Integrated Fight System (IFS)-Core Kenpo-IMPACT
 Kenpo -Jeet Kune Do- BJJ – Israeli Combatives
 (Ages 13 – Adult)

(Instructor approval for all students under 14)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|----------------------------------|----------------------------------------------|----------------------------------|----------------------------------------------|----------------------------------|----------------------------------------------------------------------------------------|
| 5:15-6:45 | | IFS IMPACT Street-wise Self Defense | | IFS IMPACT Street-wise Self Defense | | 10-11:15 am IFS-IMPACT Sparring Class (Sparring Gear required) |
| 6:45-7:15 | | IFS IMPACT Ground fighting BJJ | | IFS IMPACT Ground Fighting BJJ | | |
| 7:00-9:00 | Napa Fight Sports (MMA) | Wolf Pack Muay Thai Combat Fitness | Napa Fight Sports (MMA) | Wolf Pack Muay Thai Combat Fitness | Napa Fight Sports (MMA) | 11:30-1:30 Wolf Pack Muay Thai Combat Fitness |