



Training Schedule

Effective: November 4th, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am To 11:15am		All Belt (Ages 6 & Above)		All Belt (Ages 6 & Above)		9am – 10am Sparring Class (Ages 6 & Above)
4:30pm To 5:15pm	Intermediate / Advanced / Elite (All Ages)	Beginner (Ages 4-9)	Intermediate / Advanced / Elite (All Ages)	Beginner (Ages 4-9)		10am – 11am Review Class (Red Belt & Above)
5:15pm To 6:00pm	Beginner (Ages 4–11)	Intermediate / Advanced / Elite (All Ages)	Beginner (Ages 4–11)	Intermediate / Advanced / Elite (All Ages)	Beginner (All Ages)	11am – 12pm Bonus Class! All Belt (All Ages)
6:00pm To 7:00pm	Advanced / Elite (Rec. BB & Above) Review / Majors	Beginner (All Ages)	Intermediate / Advanced / Elite (All Ages)	Beginner (All Ages)	Intermediate / Advanced / Elite (All Ages)	
7:00pm To 8:30pm	All Belt Adult (Ages 10 & Above) Option to dismiss @8pm	All Belt Adult (Ages 10 & Above) Option to dismiss @8pm	All Belt Adult (Ages 10 & Above) Option to dismiss @8pm	All Belt Adult (Ages 10 & Above) Option to dismiss @8pm		



Recommendation Belts: Please Attend The Class That Will Teach The Curriculum You Need. (You may attend a White-Green Belt class while reviewing white – green requirements)

Sparring Class: For students ages 6 years & Up . Must purchase & bring full gear in order to attend. Ask instructor for info. Visit www.wmaah.com to purchase sparring gear Helmet, Mouth Guard, Cup & supporter (males) Chest Guard, Forearm & Shin Guards).

Beginner: White Belt – Green Belt (solid). **Intermediate:** Green 1st Belt – Red 2nd Belt **Advanced:** Rec. BB & UP

Bonus Class: It's just as AWESOME as it sounds!! Each Week we will be teaching a new kind of skill. examples: Weapons, Tumbling, Self-Defense, Cardio Conditioning, Stretching, Etc.)

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