

MALMO MARTIAL ARTS

PROGRAM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:45 AM		Women Kick		Women Kick	
11:30 – 12:15 PM	CORE PROGRAM		CORE PROGRAM		
12:15 – 1:00 PM	Fight Team		Fight Team		
2:30 – 3:15 PM			CORE PROGRAM		
3:30 – 4:30 PM	After School	After School	After School	After School	After School
5:30 – 6:00 PM	Little Warriors	Children (5-12)	Little Warriors	Children (5-12)	
6:00 – 6:30 PM	Junior Warriors	Junior Warriors	Junior Warriors	Junior Warriors	
6:30 – 7:00 PM	Women Kick	CORE PROGRAM	Women Kick	CORE PROGRAM	Women Kick
7:00 – 7:30 PM	CORE PROGRAM	CORE PROGRAM	Black Belt Club	CORE PROGRAM	Certified Instructor Training
7:30 – 8:00 PM	CORE PROGRAM	CORE PROGRAM	Master's Club	CORE PROGRAM	
8:00 – 8:30 PM	Fight Team	Fight Team	Adv. Weapons	Fight Team	
8:30 – 9:00 PM	Fight Team	Fight Team	Adv. Weapons	Fight Team	
9:00 – 9:30 PM	Private	Private	Private	Private	

1 st or 3 rd	Saturday
10:00 – 12:00 PM	Warrior's Club
1:00 – 3:00 PM	Warrior's Club
3:00 – 4:00 PM	Internal/Healing

2 nd or 4 th	Saturday
9:00 – 11:00 AM	Fight Team
11:00 – 12:00 AM	Elite Team
1:00 – 2:00 PM	Junior BBC
2:00 – 3:00 PM	Junior CIT

Private Lessons are available by appointment only.
Schedule is subject to change.