

The Martial Arts Center

420 Coliseum Blvd.

Montgomery, Al. 36109

(334) 271-2228

2009 Class Schedule

Monday	2:30 PM	3:00PM	5:00pm-5: 30pm	5:30pm-6: 30pm	6:35PM -8: 00pm
	School Opens	Open*	Kids (4-8 years)	Kids (Ages 4-8)	Adult (15 & Up) All Ranks
			Open*		
Tuesday	2:30 PM	3:00PM	6:00pm-6: 30pm		6:35pm-8:00pm
	School Opens	Open*	Youth (Ages 9-14)		Adult (15 & Up) All Ranks
Wednesday	2:30 PM	3:00PM	5:00pm-5: 30pm	5:30pm-6: 30pm	6:35pm-8:00pm
	School Opens	Open*	Kids (Ages 4-8)	Kids (Ages 4-8)	Adult (15 & Up) All Ranks
			Open*		
Thursday	2:30 PM	3:00PM	5:00pm-6: 30pm		6:35pm-8:00pm
	School Opens	Open*	Youth (Ages 9-14)		Adult (15 & Up) All Ranks
Friday	2:30PM		4:00pm-5:00pm		5:30pm-7:00pm
	School Opens		Youth (Ages 9-14 open practice time)		Adult (15 & Up) - All Ranks
Saturday	9:00am-10:00am		10:00am-11: 30am		11:30AM - 1:30PM
	Kids (Ages 4-8)		Youth (Ages 9-14)		Adult (Special Weapons Class)
	Special Weapons Training for ranks Red Belt and up. Consult the monthly special class schedule for exact dates and times.				

***Open – Open training sessions are for general / extra training time. Open training sessions are NOT instructed classes and children ages 4-8 must be accompanied by an adult during these sessions.**

Private Lessons are by appointment only. This schedule is subject to change without notice.

***Call for Information on Rates or Other Questions!
Or find more info at www.montgomerymartialarts.com
One Free Week to All New Students!***