

LEADING EDGE KICKBOXING & MARTIAL ARTS

FITNESS WITH PURPOSE™

EFFECTIVE: February 28th, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 to 7:30			MUAY THAI		MUAY THAI	
7:30 to 8			(All Levels)		(All Levels)	
9 to 9:30			JIU-JITSU (All Levels)			
9:30 to 10						
10 to 10:30						
10:30 to 11						
11 to 11:30						
11:30 to 12						
12 to 12:30						
12:30 to 1			MUAY THAI (All Levels)			
5 to 5:30	FULL CIRCLE	FULL CIRCLE		FULL CIRCLE		
5:30 to 6	(Children's)	BOOT CAMP		(Adv. Children's)	BOOT CAMP	(Children's)
6 to 6:30	MUAY THAI	Fitness		JIU-JITSU	Fitness	MUAY THAI
6:30 to 7	(All Levels)	KB 101		(All Levels)	KB 101	(All Levels)
7 to 7:30	JIU-JITSU or	(Beginners)		MUAY THAI	(Beginners)	ADVANCED
7:30 to 8	JKD / Kali	MMA		(All Levels)	MMA	MUAY THAI
8 to 8:30	or Women's SD	(All Levels)	JKD	(All Levels)	(Levels 4+)	
8:30 to 9			(All Levels)			

FULL CIRCLE - Children's martial arts program focusing on abduction prevention, fitness and self-protection.

MUAY THAI KICKBOXING - The best combination of fitness and martial arts.

KB 101 - Kickboxing class, focusing on the fundamentals.

JKD / Kali / Wing Chun - Jeet Kune Do, an amalgam of martial arts designed to improve street self-protection.

JIU-JITSU - Ground fighting based upon Japanese Jiu-jitsu, BJJ, Wrestling and Shooto.

BOOT CAMP FITNESS - A mix of weights, calisthenics and aerobic movements for a great workout!

WSD - Women's self-defense meets on the first Monday of every month, free to all women 15 and above.

MMA - The Mixed Martial Arts program is a great blend of stand-up (MTKB) and ground fighting (Jitsu.)