

FREEDOM MARTIAL ARTS

CLASS SCHEDULES

Adult Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 – 7:00pm Combat Kickboxing (15yrs-Adult)	6:00 – 7:00pm Combat Kickboxing (13yrs-Adult)	6:00 – 7:00pm Combat Kickboxing (15yrs-Adult)	6:00 – 7:00pm Combat Kickboxing (13yrs-Adult)	<u>Reserved for</u> <u>Special Events</u>
	7:15–8:15pm Submission Grappling & Brazilian Jiu Jitsu (BJJ)-No Gi (uniform) Teen/Adult Class (14yrs & up)		7:15-8:15pm Brazilian Jiu Jitsu (BJJ) with Gi Teen/Adult Class (14yrs & up)	

Kids (Ages 5-12) Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	4:15– 5:00pm Family/Tigers Combat Kickboxing 7yrs-12yrs & Parents		4:15– 5:00pm Family/Tigers Combat Kickboxing 7yrs-12yrs & Parents	<u>Reserved for</u> <u>Special Events</u>
	5:15 – 5:55pm Dragons Combat Kickboxing (5-7yr olds only)		5:15 – 5:55pm Dragons Combat Kickboxing (5-7yr olds only)	
5:00-5:45pm Family-Style Jiu Jitsu (9-13yrs & Adults)		5:00-5:45pm Family-Style Jiu Jitsu (9-13yrs & Adults)		

Please remember to come to your program minimally **TWO** days from **MONDAY THROUGH THURSDAY**. **PLEASE DO NOT ASK TO TEST/GRADUATE.**

Combat Kickboxing Students:

Belt rank advancement is based on technical knowledge, improvements, performance and knowledge of requirements for each rank, and required minimum class hours. All students will be awarded rank during regular class hours. Wear belt to every class.

Kids - Class attendance is 12 class credits out of 24 available class credits with consistent positive behavior, and technical improvement.

You will receive notice of testing/graduation date when Instructor notifies you that you are being promoted.

Brazilian Jiu-Jitsu:

Tested as per the requirements set by Professor.