

WEEKLY KARATE SCHEDULE - East Valley Martial Arts Kenshin Kan

2401 E. BASELINE RD. STE. 98, GILBERT, AZ 85234. WWW.EVMA.NET CELL: (480) 330-8886 PHONE: (480) 892-4240

MONDAY

5:10 pm to 6:00 pm	Kids, All Ranks (age 6 to 12)
6:10 pm to 7:00 pm	Adults, All Ranks (age 13 & up)

TUESDAY

8:00 am to 9:00 am	Yoga* (age 10 to adult)
9:10 am to 10:00 am	Adults, All Ranks (age 13 & up)
5:30 pm to 6:00 pm	Little Dragons (3 to 5 years old)
6:10 pm to 7:00 pm	Mixed, All Ranks (age 6 & up) SPARRING/SELF PERFECTION Mixed, All Ranks (age 6 & up)
7:10 pm to 8:00 pm	Mixed, Kids Blue Belt & up (age 10 & up) Adults, All Ranks (age 13 & up)

WEDNESDAY

6:10 pm to 7:00 pm	Mixed, All Ranks (age 6 & up)
7:10 pm to 8:00 pm	Ground Fighting (with instructor approval, with MMA students)

THURSDAY

8:00 am to 9:00 am	Yoga* (age 10 to adult)
9:10 am to 10:00 am	Adults, All Ranks (age 13 & up)
5:30 pm to 6:00 pm	Little Dragons (3 to 5 years old)
6:10 pm to 7:00 pm	Black Belt Training (all age black belt) Black Belt Training (all age black belt)
7:10 pm to 8:00 pm	Mixed, All Ranks (age 6 & up) Mixed, All Ranks (age 6 & up)

FRIDAY

6:10 pm to 7:00 pm	Mixed, All Ranks (age 6 & up) Mixed, All Ranks (age 6 & up)
7:10 pm to 8:00 pm	Weapons (with instructor approval)

SATURDAY

8:10 am to 9:00 am	MMA* (age 13 & up)
9:10 am to 10:00 am	Black Belt Training (all age black belt) Black Belt Training (all age black belt)
10:10 am to 11:00 am	Weapons (with instructor approval)
11:10 am to 12:00n	Mixed, All Ranks (age 6 & up) Mixed, All Ranks (age 6 & up)

*Additional charge for MMA and Yoga, our karate students get a special rate of \$25/month for MMA, \$5/class for Yoga.

Adults, age 13 and up, unlimited empty-hand classes. Maximum one weapons class per week.

Kids, age 6 to 12, maximum three days of classes per week. Maximum one weapons class per week.

Little Dragons, age 3 to 5, two Little Dragons classes per week.

PRIVATE LESSONS AVAILABLE for \$20/half-hour lesson or \$100 for six pre-paid lessons.

Schedule Starts 8/8/11.