

MUNEN MUSO MARTIAL ARTS STUDIO

Effective: July 2010

Monday	10:00 to 11:00am	Beginners & Black Belt Club (Family) Day Class
	4:00 to 4:50pm	Little Ninjas (4 to 6 years)
	5:00 to 5:50pm	Beginners - (Family)
	6:00 to 6:50pm	Black Belt Club - Dragons 7 to 15 yrs
	7:00 to 8:00pm	Black Belt Club - Adults 16 yrs & up
	8:00 to 8:50pm	Mixed Martial Arts (16 yrs & above)
Tuesday	10:30 to 11:15am	Boxing & Fitness Class
	5:30 to 6:20pm	Beginners - (Family)
	6:30 to 7:20pm	Benny the Jet's Kickboxing System
Wednesday	10:00 to 11:00am	Beginners & Black Belt Club (Family) Day Class
	4:00 to 4:50pm	Little Ninjas (4 to 6 years)
	5:00 to 5:50pm	Beginners - (Family)
	6:00 to 6:50pm	Black Belt Club - Dragons 7 to 15 yrs
	7:00 to 8:00pm	Black Belt Club - Adults 16 yrs & up
	8:00 to 8:50pm	Mixed Martial Arts (16 yrs & above)
Thursday	5:30 to 6:20pm	Beginners - (Family)
	6:30 to 7:30pm	Brown & Black Belt Class
	7:30 to 8:30pm	Kata & Basics Class
Friday	4:00 to 4:50pm	Little Ninjas (4 to 6 years)
	5:00 to 5:50pm	Beginners & Black Belt Club - (Family Class)
	6:00 to 6:50pm	Benny the Jet's Kickboxing System
	7:00 to 7:50pm	Israeli Tactical Combat Program
Saturday		
	10:30 to 11:30am	Beginners & Black Belt Club (Family) Day Class
	11:30 to 12:15pm	XMA - Weapons Class
	12:30 to 2:00pm	Black Belt Dan's Only (Monthly)
		Karate Birthday Parties (see front desk for details)

FULL TIME PREMISE

Programs Available:

- Martial Arts (Traditional/Free-style) - Children & Adults
- Kidz Jiu-Jitsu
- Mixed Martial Arts MMA
- Benny "The Jet's" Kickboxing System
- Israeli Tactical Combat Program
- XMA (Xtreme Martial Arts)
- Kyusho Jitsu Certification
- Character Development Program

 These classes are all separate programs & all require an extra fee.