



www.thecentermartialarts.com

1550 State Street (Corner of Mountain Grove Street)

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Effective April 15, 2009

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
		12:00-1:00 pm Brazilian Jiu-Jitsu (Gi) Open Roll	12:00-1:00 pm Muay Thai		1:00-2:30 pm Brazilian Jiu-Jitsu (Gi)	
4:30-5:15 pm Pee Wee Traditional Japanese Karate		4:30-5:15 pm Pee Wee Traditional Japanese Karate			2:30-3:30 pm Advanced Muay Thai	
5:15-6:00 pm Kids Traditional Japanese Karate	5:15-6:00 pm Kids Brazilian Jiu-Jitsu	5:15-6:00 pm Kids Traditional Japanese Karate	5:15-6:00 pm Kids Traditional Japanese Karate	5:15-6:00 pm Kids Traditional Japanese Karate		
6:00-7:00 pm Muay Thai	6:00-7:00 pm Brazilian Jiu-Jitsu (No Gi)	6:00-7:00 pm Brazilian Jiu-Jitsu (Gi)		6:00-7:00 pm Brazilian Jiu-Jitsu (Gi)		
6:15-6:45 pm Kids Advanced Traditional Japanese Karate		6:00-7:00 pm Muay Thai	6:45-7:30 pm Conditioning and Endurance	6:15-6:45 pm Kids Advanced Traditional Japanese Karate		
7:15-8:00 pm Conditioning and Endurance	7:15-8:30 pm MMA	7:15-8:00 pm Conditioning and Endurance	7:30-8:15 pm Thai Pads			
8:00-8:45 pm Adult Traditional Japanese Karate		8:00-8:45 pm Adult Traditional Japanese Karate	8:15-9:15 pm Sparring			