



SEATTLE INTEGRATED MARTIAL ARTS CLASS SCHEDULE

REV DEC 2018

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Brazilian Jiu-Jitsu All Levels 10:15am-11:15am		Brazilian Jiu-Jitsu All Levels 10:15am-11:15am			
	Integrated Martial Arts (Kali/JKD/Muay Thai) All Levels 11:30am-1pm		Integrated Martial Arts (Kali/JKD/Muay Thai) All Levels 11:30am-1pm		Kali/JKD LEVEL 2 Testing/Approvl Req'd 9:30am-11am	Brazilian Jiu-Jitsu All Levels 9am-10am
Open Gym Bronze, Silver or Gold students only 2pm-3:30pm	Open Gym Bronze, Silver or Gold students only 1pm-4pm	Open Gym Bronze, Silver or Gold students only 12:30pm-4pm	Open Gym Bronze, Silver or Gold students only 1pm-4pm		Integrated Martial Arts (Kali/JKD/Muay Thai) All Levels 11am-12:30pm	Muay Thai Kickboxing All Levels 10:30am-11:30am
Juniors (7-10 yrs) 4:15pm-5pm	Little Dragons (5-6 yrs) 4:30pm-5pm	Juniors (7-10 yrs) 4:15pm-5pm	Little Dragons (5-6 yrs) 4:30pm-5pm	Open Gym Bronze, Silver or Gold students only 4:30pm-5:30pm		Level 2 Muay Thai Sparring Orange Prajioud or above 11:30am-12:00pm
Seniors (11-15 yrs) 5pm-5:50pm	Juniors (7-10 yrs) 5:05pm-5:50pm	Seniors (11-15 yrs) 5pm-5:50pm	Juniors (7-10 yrs) 5:05pm-5:50pm	Members-Only *BONUS* Class 6pm-7pm See schedule on website for class description and level requirement. This class does not count toward your monthly class limit.		
Kali/JKD Basics 6:15pm-7:15pm	MMA (Eff 1/8/19) All Levels 6:15pm-7:15pm	Kali/JKD All Levels 6:15pm-7:15pm	Kali/JKD (LEVEL 2) Testing/Approvl Req'd 6:15pm-7:15pm			
Muay Thai Kickboxing Basics 7:20pm-8:20pm	Brazilian Jiu-Jitsu Basics 7:20pm-8:20pm	Muay Thai Kickboxing All Levels 7:20pm-8:20pm	Brazilian Jiu-Jitsu All Levels 7:20pm-8:20pm			
Level 1 Muay Thai Sparring Yellow Prajioud or above 8:30pm-9pm		Level 2 Muay Thai Sparring Orange Prajioud or above 8:30pm-9pm				

SUBSCRIBE TO OUR CLASS SCHEDULE ONLINE AT SIMAMARTIALARTS.COM

FRONT DESK STAFF IS AVAILABLE
MON-WED 2PM-8PM; THUR BY EMAIL

206.935.4531
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