



# SEATTLE INTEGRATED MARTIAL ARTS CLASS SCHEDULE

REV FEB 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	<p><b>Brazilian Jiu-Jitsu</b> All Levels 10:15am-11:15am</p> <p><b>Integrated Martial Arts</b> (Kali/JKD/Muay Thai) All Levels 11:30am-1pm</p>		<p><b>Brazilian Jiu-Jitsu</b> All Levels 10:15am-11:15am</p> <p><b>Integrated Martial Arts</b> (Kali/JKD/Muay Thai) All Levels 11:30am-1pm</p>		<p><b>Kali/JKD</b> <b>LEVEL 2</b> Testing/Approvl Req'd 9:30am-11am</p> <p><b>Brazilian Jiu-Jitsu</b> All Levels 9am-10am</p>	
<p><b>Open Gym</b> Bronze, Silver or Gold students only 2pm-3:30pm</p>	<p><b>Open Gym</b> Bronze, Silver or Gold students only 1pm-4pm</p>	<p><b>Open Gym</b> Bronze, Silver or Gold students only 12:30pm-4pm</p>	<p><b>Open Gym</b> Bronze, Silver or Gold students only 2pm-4pm</p>		<p><b>Integrated Martial Arts</b> (Kali/JKD/Muay Thai) All Levels 11am-12:30pm</p>	<p><b>Self-Defense (Eff 3/3/19)</b> All Levels 10:30am-11:30am</p>
<p><b>Juniors</b> (7-10 yrs) 4:15pm-5pm</p> <p><b>Seniors</b> (11-15 yrs) 5pm-5:50pm</p>	<p><b>Little Dragons</b> (5-6 yrs) 4:30pm-5pm</p> <p><b>Juniors</b> (7-10 yrs) 5:05pm-5:50pm</p>	<p><b>Juniors</b> (7-10 yrs) 4:15pm-5pm</p> <p><b>Seniors</b> (11-15 yrs) 5pm-5:50pm</p>	<p><b>Little Dragons</b> (5-6 yrs) 4:30pm-5pm</p> <p><b>Juniors</b> (7-10 yrs) 5:05pm-5:50pm</p>	<p><b>Open Gym</b> Bronze, Silver or Gold students only 4:30pm-5:30pm</p>		
<p><b>Kali/JKD</b> Basics 6:15pm-7:15pm</p> <p><b>Muay Thai Kickboxing</b> Basics 7:20pm-8:20pm</p> <p><b>Level 1 Muay Thai Sparring</b> Yellow Prajioud or above 8:30pm-9pm</p>	<p><b>MMA</b> All Levels 6:15pm-7:15pm</p> <p><b>Brazilian Jiu-Jitsu</b> Basics 7:20pm-8:20pm</p>	<p><b>Kali/JKD</b> All Levels 6:15pm-7:15pm</p> <p><b>Muay Thai Kickboxing</b> All Levels 7:20pm-8:20pm</p> <p><b>Level 2 Muay Thai Sparring</b> Orange Prajioud or above 8:30pm-9pm</p>	<p><b>Kali/JKD (LEVEL 2)</b> Testing/Approvl Req'd 6:15pm-7:15pm</p> <p><b>Brazilian Jiu-Jitsu</b> All Levels 7:20pm-8:20pm</p>	<p><b>Members-Only *BONUS* Class</b> 6:15pm-7:15pm See schedule on website for class description and level requirement. This class does not count toward your monthly class limit.</p>	<p><b>SUBSCRIBE TO OUR CLASS SCHEDULE ONLINE AT</b> <a href="http://SIMAMARTIALARTS.COM">SIMAMARTIALARTS.COM</a></p>	
					<p>FRONT DESK STAFF IS AVAILABLE MON-WED 2PM-8PM; THUR BY EMAIL</p>	
					<p>EMAIL IS THE BEST WAY TO REACH US   206.935.4531 CLASSES@SIMAMARTIALARTS.COM INSTAGRAM @SIMAMARTIALARTS   SIMAMARTIALARTS.COM</p>	