

SIMA



Seattle Integrated Martial Arts

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00 – 10:00 AM Yoga	
	12:00-1:00 PM Muay Thai Kickboxing	12:00-4:00 PM Open Gym	12:00-1:00 PM Kickboxing		10:15–11:15 AM I.M.A	10:30-11:30 MuayThai kickboxing
	1:00-2:00 PM I.M.A		1:00-2:00 PM I.M.A		11:15AM–12:15 MuayThai kickboxing	11:30-1:00 Open Gym
<p>Seattle Integrated Martial Arts 4159 Fauntleroy Way SW Seattle, WA 98126 206-935-4531 info@simamartialarts.com simamartialarts.com</p>						12:20–1:20 Brazilian Jiu-Jitsu
					2:00 –3:30 PM Open Gym	
5:00 – 6:15 PM Open Gym	5:00 – 6:15 PM Open Gym	5:00 – 6:15 PM Open Gym	5:00 – 6:15 PM Open Gym	5:00 – 6:15 PM Open Gym		
5:30–6:15 PM Kali	5:30–6:15 PM Jun Fan		5:30–6:15 PM Kali	5:30–6:15 PM *Intro/Basics		
6:15–7:15 PM I.M.A	6:15–7:15 PM Kickboxing	6:15– 7:15 PM I.M.A	6:15–7:15 PM Brazilian Jiu-jitsu	6:15–7:15 PM Muay Thai Kickboxing		
7:15–8:15 PM Muay Thai Kickboxing	7:15–8:15 PM Brazilian Jiu-jitsu	7:15–8:15 PM Kickboxing	7:15–8:15 PM I.M.A			
8:15–8:45 PM Muay Thai II			8:15–8:45 PM I.M.A II			