



# SEATTLE INTEGRATED MARTIAL ARTS CLASS SCHEDULE

REV FEB 2020

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

			<b>Private Lessons</b> 8:30am-9:30am		<b>Brazilian Jiu-Jitsu Curriculum Review</b> All Levels 8:30am-9:30am	
<b>Private Lessons</b> 8:30am-9:30am	<b>Private Lessons</b> 9am-10am	<b>Private Lessons</b> 8:30am-10:30am	<b>Private BJJ Class</b> 10:15am-11:15am		<b>Kali/JKD LEVEL 2</b> Testing/Approvl Req'd 9:30am-11am	<b>Brazilian Jiu-Jitsu No-Gi</b> All Levels 10am-11am
<b>Private Lessons</b> 1pm-3pm	<b>Private IMA Class</b> (Kali/JKD/Muay Thai) 11:30am-1pm		<b>Private IMA Class</b> (Kali/JKD/Muay Thai) 11:30am-1pm		<b>Integrated Martial Arts</b> (Kali/JKD/Muay Thai) All Levels 11am-12:30pm	
	<b>Private Lessons</b> 1pm-2pm		<b>Private Lessons</b> 1pm-3pm		<b>Open Mat</b> Bronze, Silver or Gold students only 5pm-6:15pm	<b>Private Lessons</b> 12:30pm-1:30pm
<b>Juniors</b> (7-10 yrs) 4:30pm-5:15pm		<b>Juniors</b> (7-10 yrs) 4:30pm-5:15pm			<b>Members-Only *BONUS* Class</b> 6:15pm-7:15pm (when offered; check schedule on website)	
<b>Seniors</b> (11-15 yrs) 5:20pm-6:05pm		<b>Seniors</b> (11-15 yrs) 5:20pm-6:05pm				
<b>Kali/JKD</b> Basics 6:15pm-7:15pm	<b>Juniors</b> (7-10 yrs) 5:05pm-5:50pm	<b>Kali/JKD</b> All Levels 6:15pm-7:15pm	<b>Juniors</b> (7-10 yrs) 5:05pm-5:50pm			
<b>Muay Thai Kickboxing</b> Basics 7:20pm-8:20pm	<b>Brazilian Jiu-Jitsu</b> Basics 6:15pm-7:15pm	<b>Muay Thai Kickboxing</b> All Levels 7:20pm-8:20pm	<b>Kali/JKD</b> All Levels 6:15pm-7:15pm			
	<b>Brazilian Jiu-Jitsu</b> Intermediate/Adv 7:20pm-8:20pm		<b>Brazilian Jiu-Jitsu</b> All Levels 7:20pm-8:20pm			

**SUBSCRIBE TO OUR CLASS SCHEDULE ONLINE AT [SIMAMARTIALARTS.COM](http://SIMAMARTIALARTS.COM)**

**NEW STUDENTS: SCHEDULE APPOINTMENT TO CHAT WITH US**

**EMAIL IS THE BEST WAY TO REACH US [CLASSES@SIMAMARTIALARTS.COM](mailto:CLASSES@SIMAMARTIALARTS.COM)**

**INSTAGRAM & TWITTER @SIMAMARTIALARTS | SIMAMARTIALARTS.COM**