

(937) 254-7035

1753 Woodman Drive
Kettering, Ohio 45420



www.TAMAMartialArts.com

SCHEDULE OF GROUP CLASSES
Effective: December 12, 2009

New Students may join at any time.
Be our guest and try a group class, or call to set a appointment for a Private class at no obligation to you.

CLASS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Kenpo Karate Jiu-Jitsu	Adults / Juniors / Children		11:30 – 12:30 pm. Adult / Junior		11:30 – 12:30 pm. Adult / Junior	4:30 – 5:00 pm Forms White Belts Only	10:00 – 10:45 am Requirements White – Orange Belts	
			5:00 – 5:45 pm Weapons Blue – Brown Belts	5:00 – 5:45 pm Requirements Juniors Blue - Black Belts		5:00 – 5:30 pm Weapons Orange – Purple Belts	10:45 – 11:30 am Requirements Purple – Blue Belts	
		5:00 – 5:45 pm White – Green Belts Children (7-12 yrs)	5:45 – 6:30 pm White – Red Belts Children (7-12 yrs)		5:30 – 6:30 pm Children Grapping (7-12 yrs)	5:30 – 6:00 pm White – Gold Belts Orange – Purple Belts	11:30 – 12:00 pm Requirements Green – Red Belts	
		6:30 – 7:30 pm Adult/Junior	6:30 – 7:30 pm Family Class Children & Parents	6:30 – 7:30 pm Adult/Junior	6:30 – 7:30 pm Family Class Children & Parents	6:00 – 7:00 PM Sparring Sparring Gear Mandatory	10:30 – 12:00 pm Children – Adult Gold – Black Belts	
		7:30 – 8:00 pm Requirements Brown Belts		7:30 – 8:00 pm Requirements Black Belts		7:00 – 7:30 pm Requirements White – Green Belts	12:00 – 01:00 pm Sparring Sparring Gear Mandatory	
		Mighty Mites (4 – 6 yrs)						
		5:45 – 6:30pm		5:45 – 6:30 pm		6:00 – 7:00 PM Sparring Sparring Gear Mandatory	12:00 – 12:30 pm Requirements White – Gold Stripe Belts	
							12:30 – 1:00 pm Requirements Gold Belt on Up	
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Muay Thai Kickboxing		10:00 – 11:30 am And MMA Training		10:00 – 11:30 am And MMA Training		10:30 – 11:45 am		
	5:30 – 6:30 pm Children (6-12 yrs)		5:30 – 6:30 pm Children (6-12 yrs)					
	6:30 – 8:00 pm Adult/Junior	7:30 – 9:00 pm Adult/Junior	6:30 – 8:00 pm Adult/Junior	7:30 – 9:30 pm Adult/Junior				
Boxing		5:30 – 6:30 pm		5:30 – 6:30 pm				
Brazilian Jiu-Jitsu		6:30 – 8:00 pm Brazilian Jiu-Jitsu		6:30 – 8:00 pm Brazilian Jiu-Jitsu	6:00 - 7:30 pm Submission Grappling No Gi			
MMA Training*				7:30 – 9:30 pm MMA		11:45 – 01:00 pm Submission Grappling MMA & No-Gi		
	*Mixed Martial Arts (MMA) Students MUST attend all Muay Thai, Boxing and Brazilian Jiu-Jitsu classes.							
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Filipino Kali Eskrima		6:30 – 8:00 pm		6:30 – 8:00 pm				
Tai Chi Chuan Ancient Yang Style			11:30 – 12:30 pm			9:00 – 10:00 am		
		7:30 – 8:30 pm		7:30 – 8:30 pm	7:30 – 8:30 pm	10:00 – 11:00 am Weapons		
Aikijutsu/Aikido & Integrated Self-Defense	7:30 – 9:00 pm		7:30 – 9:00 pm			12:30 – 2:00 pm		
Kung Fu Tien Shan Pai	7:35 – 9:00 pm		7:35 – 9:00 pm		6:00 – 7:00 PM Sparring Sparring Gear Mandatory	11:00 - 12:30 pm		
						12:00 – 1:00 pm Sparring Sparring Gear Mandatory		