

(937) 254-7035

1753 Woodman Drive  
Kettering, Ohio 45420



www.TAMAMartialArts.com

**SCHEDULE OF GROUP CLASSES**

Effective: August 1, 2020

NEW Students may JOIN at any time.  
Try a FREE Private Lesson –  
call today!

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Kenpo Karate</b>					5:00 – 5:30 pm <b>Weapons</b> Green – Black Belts SuperKidz – Adult	9:00 – 9:45 am <b>Requirements</b> Red - Black Belts Adults/Jr & SuperKidz
	5:00 – 5:45 pm <b>Advanced SuperKidz Class</b> Red – Black Belts Requirements		5:00 – 5:45 pm <b>Advanced SuperKidz Class</b> Red – Black Belts Skills & Drills		5:30 – 6:00 pm <b>Forms</b> White - Black Belts SuperKidz - Adult	9:45 – 10:15 am <b>Instructor Leadership Training (ITL)</b>
		5:30 – 6:15 pm <b>SuperKidz</b> White - Green Belts Requirements		5:30 – 6:15 pm <b>SuperKidz</b> White - Green Belts Skills & Drills	6:00 – 6:30 pm <b>Self-Defense Requirements</b> White - Black Belts SuperKidz	10:15 – 10:45 am <b>Specials Day</b> Mighty Mites
	6:30 – 7:30 pm <b>Krav Maga Self-Defense</b> White - Black Belts Adult & Junior		6:30 – 7:30 pm <b>Drills &amp; Skills</b> White - Green Belts Adult & Junior		6:30 – 7:15 pm <b>Krav Maga Self-Defense</b> White - Black Belts Junior - Adult	10:45 – 11:30 am <b>Requirements</b> White – Green Belts SuperKidz
	7:30 – 8:15 pm <b>Requirements</b> Red - Black Belts Adult & Junior		7:30 – 8:15 pm <b>Drills &amp; Skills</b> Red - Black Belts Adult & Junior		7:15 – 8:00 pm <b>Sparring</b> White – Black Belts SuperKidz - Adult	
<b>Mighty Mites</b>	5:45 – 6:30 pm <b>Requirements</b>		5:45 – 6:30 pm <b>Drills &amp; Skills</b>		7:15 – 8:00 pm <b>Sparring</b>	10:15 – 10:45 am <b>Specials Day</b>

"Karate Competition Team workout is on Friday Classes Weapons Class, Forms Class and Sparring Class"

**Age Groups:**

Mighty Mites: 4 - 6 Years Old

SuperKidz: 7 - 12 Years Old

Advanced SuperKidz

Junior: 13 - 17 Years Old

Adult: 18+ Years Old

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Muay Thai / Boxing</b>	7:00 – 8:15 pm Beginners Only Requirements	11:00 – 12:00 pm Beginners & Advance Requirements 7:30 – 9:00 pm Advanced Only Requirements	7:00 – 8:15 pm Beginners Only Drills & Skills	11:00 – 12:00 pm Beginners & Advance Drills & Skills 7:30 – 9:00 pm Advanced Only Drills & Skills	7:00 – 08:15 pm Beginners - Advanced	12:15 – 1:30 pm Beginners - Advance Sparring
<b>Adult Brazilian Jiu-Jitsu</b>		6:30 – 8:15 pm		6:30 – 8:15 pm		TBA
<b>Kids Brazilian Jiu-Jitsu</b>		6:15 – 7:00 pm		6:15 – 7:00 pm		TBA
<b>Kali / JKD</b>		6:45 – 8:15 pm Requirements		6:45 – 8:15 pm Drills & Skills		
<b>Tai Chi / Qi Gong</b>	6:30 – 7:15 pm		6:30 – 7:15 pm		7:00 – 8:00 pm Open Tai Chi	9:00 – 10:30 am
<b>Kung Fu</b> Tien Shan Pai	5:45 – 6:30 pm Kids Kung Fu 7:35 – 9:00 pm Adult & Junior		5:45 – 6:30 pm Kids Kung Fu 7:35 – 9:00 pm Adult & Junior		6:30 – 7:15 pm Krav Maga Self-Defense SuperKidz - Adults	10:30 – 12:00 pm Adult & Junior 11:30 – 12:15 pm Kids Kung Fu
<b>Aikijutsu</b>	7:30 – 9:00 pm Requirements		7:30 – 9:00 pm Drills & Skills			
<b>Krav Maga</b>	6:30 – 7:30 pm Self Defense Junior - Adults				6:30 – 7:15 pm Self-Defense Junior - Adults	11:30 – 12:15 pm Women's Self Defense