

RHYTHMATIC MARTIAL ARTS ACADEMY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9A – 10A CARDIO KICKBOXING		9A – 10A CARDIO KICKBOXING		9A – 10A CARDIO KICKBOXING	9A – 10A CARDIO KICKBOXING
4p – 4:30p Private Lesson	4p – 4:30p Private Lesson	4p – 4:30p Private Lesson	4p – 4:30p Private Lesson	4p – 4:30p Private Lesson	9:30a – 10a Private Lesson
4:30p – 5p Escrima	4:30p – 5p Private Lesson	4:30p – 5p Private Lesson	4:30p – 5p Private Lesson	4:30p – 5p Private Lesson	10a – 10:30 Lil Champs
5p – 5:30p Kamas	5p – 6p MAX	4:30p – 5p All Star Lil Champs	5p – 6p All Star TKD & All Star MAX Sparring	5p – 7p Black Belt Club (all ages)	10:30a – 11:30a MAX
05p – 5:30p Adv. Lil Champs	6p – 6:30p Bo Staff	5P – 5:45P SWAT/DREAM TEAM PRACTICE	6p – 6:30p Nunchucks		11:30a – 12:15P SWAT/DREAM TEAM PRACTICE
5:30p – 6p Lil Champs	6:45p – 7:30p Cardio Kickboxing	6p – 6:45p Kids TKD wht – pur Upstairs	6:45p – 7:30p Cardio Kickboxing		12:15p – 1:15p Teen/Adult TKD
6p – 6:45p Kids TKD Wht - pur Upstairs	7:30p – 9p Capoiera	6p – 6:45p Kids Adv. TKD Downstairs	7:30p – 9p Capoiera Upstairs		12:15p – 1:15p CARDIO KICKBOXING
6p – 6:45p Kids Adv. TKD Downstairs		6:45p – 7:30p Power Chi	7:30P – 8:30P Brazilian Ju Jitsu Downstairs		2P – 3P BRAZILIAN JU JITSU
6:45p – 7:30p Power Chi		7:30p – 8:30 Teen/Adult TKD			
7:30p – 8:30p Teen/Adult TKD		8:30P – 9:15P Teen/Adult Black Belt Club			

YELLOW – TKD Private Classes. Please check instructor's availability before booking Private for all other Disciplines.

PURPLE - Kids Taekwondo (TKD) - Ages 6 – 12 Monday is a Taegu (forms) & Wednesday is the Sparring Technique (RMAA equipment MANDATORY).

Lite PURPLE – All Star TKD & MAX – Ages 6 – 12 Apply sparring techniques.

TORQUISE – Lil' Champs – Ages 2 ½ - 5. Monday technique & Nunchucks, Saturday sparring tech. & application. Adv. Lil' Champs are belt levels high orange & up.

DARK BLUE - All Star Lil' Champs – Ages 2 ½ - 5 Competition training.

ORANGE – Weapons. All ages. Added to any program.

GREY – Martial Arts Extreme (MAX). Ages 6 – 12. Mixed Arts class of TKD, Karate, Boxing, Muay Thai Concepts, & Street Fighting (Bully & Stranger Danger Prevention).

LITE PINK – Power Taegu Chi – ADULT ONLY – Tai Chi concept to Korean Techniques

ARMY GREEN – Teen/ Adult Taekwondo (TKD) – Ages 13 & up. Monday is a Taegu (forms), Wednesday is the Sparring Technique (RMAA equipment MANDATORY), and Saturday is fitness.

GREEN – Cardio Kickboxing- Adults Only – Fitness workout class. No belt ranking.

LITE GREEN – Capoiera – Brazilian martial art of dance and play.

WHITE – Black Belt Club – Black belt TKD training.

RED – Brazilian Ju Jitsu (BJJ) – Ages 13 & up – Brazilian grappling martial art.

ROSE – Swat Team/Dream Team – TKD Demonstration Team practice.



1 wk unlimited classes \$24.95

8 wks Intro Program \$199

Registration \$200 - \$300

Tuition \$125 - \$175