



# AMERICAN MARTIAL ARTS TRAINING CENTERS

## CLASS SCHEDULE

### MONDAY

10:00AM SCHOOL OPENS  
10:30 OPEN CLASS  
11:30 SCHOOL CLOSES  
4:30 SCHOOL OPENS  
6:00 OPEN CLASS  
7:00 MIXED PADDED WEAPONS  
8:00 TAI CHI CHUAN  
9:00PM SCHOOL CLOSES

### TUESDAY

10:00AM SCHOOL OPENS  
10:30 OPEN CLASS  
11:30 SCHOOL CLOSES  
4:30 SCHOOL OPENS  
6:00 OPEN CLASS  
7:00 STREET TACTICS  
8:00 TAI CHI SWORD  
9:00PM SCHOOL CLOSES

### WEDNESDAY

4:30PM SCHOOL OPENS  
6:00 OPEN CLASS  
7:00 TECHNICAL CLASS  
8:00 TAI CHI CHUAN  
9:00PM SCHOOL CLOSES

### THURSDAY

10:00AM SCHOOL OPENS  
10:30 OPEN CLASS  
11:30 SCHOOL CLOSES  
4:30 SCHOOL OPENS  
6:00 OPEN CLASS  
7:00 GRAPPLING  
8:00PM SCHOOL CLOSES

### SATURDAY

8:30AM SCHOOL OPENS  
9:00 TAI CHI CHUAN  
10:00 STREET TACTICS  
11:00 KARATE SPARRING CLASS  
12:00 MIXED PADDED WEAPONS  
1:00 ADVANCED / TECHNICAL WORK-OUT  
2:00PM SCHOOL CLOSES

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