



REIS MARTIAL ARTS ACADEMY



MARSHFIELD– SCHEDULE

Effective 6/18/2018

Little Kicker Classes are 4 to 6 years old.

Kids Classes are up to 13 years old.

MONDAY

11:00 – 12:00 Open
3:30 – 4:00 Little Kickers AGE 4/6
4:00 – 4:30 Kids 7/8
4:30 – 5:00 Forms
5:00 – 5:45 White/Green
5:45 – 6:30 Blue and Up
6:30 Cardio Kick Boxing

TUESDAY

3:30 – 4:00 KIDS White thru Green
4:00 – 4:30 KIDS Blue/Up
4:30 – 5:00 KIDS Sparring
5:00 – 5:45 Blue and Up
5:45 – 6:30 White thru Green
6:30 – 7:00 Weapons/ADULT Sparring

WEDNESDAY

3:30 – 4:00 KIDS Blue/Up
4:00 – 4:30 KIDS White thru Green
4:30 – 5:00 KIDS Grappling
5:00 – 5:45 Red and Up
6:00 – 6:45 Green/Blue
6:45 – 7:30 White/Yellow

THURSDAY

8:15 Cardio Kickboxing
11:00 – 12:00 Open
3:30 – 4:00 Little Kickers 4/6
4:00 – 4:30 7/8 Years Old
4:30 – 5:15 White/Yellow
5:15 – 6:00 Green/Blue
6:00 – 6:45 Red and Up
6:45 – 7:00 Grappling 13 Years and Up

SATURDAY

9:00 – 9:45 White thru Green
9:45 – 10:30 Blue and Up
10:30 – 11:15 Weapons/Sparring (ALL)