



REIS MARTIAL ARTS ACADEMY



MARSHFIELD– SCHEDULE

Effective 1/1/2019

Masters Club (MC) Basic Black Belt Club (BBC)

MONDAY

11:15 – 12:00 Open
3:00 – 3:30 Private Lesson by appointment
3:30 – 4:00 Tiny Tigers
4:00 – 4:40 Novice
4:40 – 5:20 Intermediate
5:20 – 6:00 Novice
6:00 – 6:40 Advanced
6:40 – 7:20 Adults/Teens
7:20 – 7:50 Private Lesson by appointment

WEDNESDAY

3:00 – 3:30 Private Lesson by appointment
3:30 – 4:15 Basic
4:15 – 4:55 BBC
4:55 – 5:35 Basic
5:35 – 6:15 MC
6:15 – 6:55 BBC
6:55 – 7:40 Adult/Teens
7:40 – 8:10 Private Lesson by appointment

SATURDAY

7:30 – 8:10 Cardio Kickboxing (Starts Jan. 5)
8:30 – 9:00 Private Lesson by appointment
9:00 – 9:30 Speed Nunchuku (MC/BBC)
9:30 – 10:00 Bo Staff (MC/BBC)
10:00 – 10:40 Basic
10:40 – 11:10 Instructors/Leadership Training

TUESDAY

3:00 – 3:30 Private Lesson by appointment
3:30 – 4:15 Novice
4:10 – 4:50 Advance
4:50 – 5:30 Novice
5:30 – 6:10 Intermediate
6:10 – 6:50 Black Belt
6:50 – 7:40 Adults/Teens

THURSDAY

11:15 – 12:00 Open
3:00 – 3:30 Private Lesson by appointment
3:30 – 4:00 Tiny Tigers
4:00 – 4:40 Basic
4:40 – 5:10 BBC
5:10 – 5:50 MC
5:50 – 6:30 Basic
6:30 – 7:10 BBC
7:10 – 7:50 Adults/Teens