



REIS MARTIAL ARTS ACADEMY



Marshfield Schedule

Effective 3/25/19

Masters Club (MC)

Black Belt Club (BBC)

MONDAY

11:15 - 12:00 Open
3:30 - 4:00 Private Lesson By Appointment
4:00 - 4:30 Tiny Tigers
4:30 - 5:10 White - Hi-Yellow
5:10 - 5:50 Green - Hi-Blue
5:50 - 6:30 White - Hi-Yellow
6:30 - 7:10 Red & Up (Mat A)
6:30 - 7:10 Adults/Teens (Mat B)
7:10 - 7:40 Tricks

TUESDAY

3:30 - 4:00 Private Lesson by Appointment
4:00 - 4:40 White - Hi-Yellow
4:40 - 5:20 Red & Up
5:20 - 6:00 White - Hi-Yellow
6:00 - 6:40 Green - Hi-Blue
6:40 - 7:20 Red & Up
7:20 - 8:00 Adults/Teens

WEDNESDAY

3:30 - 4:00 Private Lesson By Appointment
4:00 - 4:40 Basic
4:40 - 5:20 BBC
5:20 - 6:00 Basic
6:00 - 6:40 BBC/MC
6:40 - 7:20 Adults/Teens
7:20 - 7:50 Private Lesson By Appointment

THURSDAY

11:15 - 12:00 Open
3:30 - 4:00 Private Lesson By Appointment
4:00 - 4:30 Tiny Tigers
4:30 - 5:10 Basic
5:10 - 5:50 BBC
5:50 - 6:30 Basic
6:30 - 7:10 BBC/MC
7:10 - 7:50 Adults/Teens

SATURDAY

8:00 - 8:45 Cardio Kickboxing
8:30 - 9:00 Private Lesson By Appointment
9:00 - 9:30 Tiny Tigers
9:30 - 10:00 MC/BBC Weapons
10:00 - 10:40 Basic
10:40 - 11:10 Instructors/Leadership Training