



Pride

MARTIAL ARTS

2011 CLASS SCHEDULE

November 2011



Pride Martial Arts
2334 Proctor Valley Road
(619) 421-1282
www.prideata.com

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
2:15pm					K4K ALL RANKS	9:00am	Family Class
3:00pm	Tiny Tigers W-Y	Tiny Tigers	Tiny Tigers W-Y	Tiny Tigers	Tiny Tiger Sparring	9:30am	Tiny Tigers
3:30pm	TT Camo & Above	Tiny Tigers	TT Camo & Above	Tiny Tigers	Tiny Tigers XMA	10:00am	K4K & Adults White-Yellow
4:00pm	TT XMA Weapons	K4K Camo-Purple	TT Leadership	K4K White-Yellow	K4K Sparring White-Green	10:45am	K4K & Adults Camo-Purple
4:30pm	K4K White-Yellow	4:45 Leadership	Black Belts/Rec. Blk	4:45 K4K Blue-Red	4:45 K4K & Adults Sparring Purple-Blk.	11:30am	XMA Acro 1 & 2
5:15pm	XMA Weapons White-Purple		K4K Camo-Purple	5:30 Tiny Tiger Sparring		12:30pm	Instructor Class
5:30pm	5:45 XMA Weapons Blue & Above	Tiny Tigers Camo & Above			XMA/Tricking	1:15 pm	Leadership Sparring/ Combat Weapons
6:15pm	Tiny Tigers White-Yellow	6:00 K4K White- Yellow	6:00 Tiny Tigers White-Yellow	6:00 K4K Camo- Purple	Private Lessons	2:00	Private Lessons
6:45pm	Competition Class	6:45 K4K Blue-Red	6:30 K4K & Blue-Red	6:45 Black Belts/Rec. Blk			
7:15pm	Adults		Adults				
7:30pm		Black Belts/Rec. Blk		Adults			
8:00pm	Reality Self Defense		Reality Self Defense				
8:15pm		Combat Fitness		Combat Fitness			

Do-Bok MUST be worn throughout the week
Pride T-shirts are allowed only on T-shirt Tuesdays
 Parents~ please arrive no earlier than 10 min. before class time and
 please pick up your child immediately after their class.
BBC Members may attend no more than 3 classes per week.

Tiny Tigers : (30 min.)
 K4K (45 min.)
 XMA Weapons: (30 min.)
 Reality SD & Combat Fitness (1 hour)
 XMA Acro: (1 hour)
 Adults & Teens: (45 min.)
 Family Class: (30 min.) BASICS