

# CENTER FOR MARTIAL ARTS & FITNESS

## 2012 WINTER CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30~5:00	PRIVATE CLASS BY APPOINTMENT	<b>LITTLE DRAGONS CLASS (3-5 YRS)</b>	PRIVATE CLASS BY APPOINTMENT	<b>LITTLE DRAGONS CLASS (3-5 YRS)</b>	PRIVATE CLASS BY APPOINTMENT	<b>9:00~9:45 AM</b> CHILDREN ALL BELTS
5:00~5:45	CHILDREN ADVANCED	CHILDREN MIXED CLASS	CHILDREN ADVANCED	CHILDREN MIXED CLASS	<b>CHILDREN - ADULT ALL BELTS</b>	<b>9:45~10:45 AM</b> TEEN / ADULTS ALL BELTS
5:45~6:30	<b>CHILDREN BEGINNER</b>	TEEN / ADULT ALL LEVELS	<b>CHILDREN BEGINNER</b>	TEEN / ADULT ALL LEVELS	OLYMPIC SPARRING ALL BELTS	<i>ASK ABOUT OUR <b>AWESOME BIRTHDAY PARTY PACKAGES!</b> BOARD BREAKING, PIZZA, CAKE, DRINKS, GAMES &amp; MORE!</i>
6:30~7:30	TEEN / ADULT ALL LEVELS	CARDIO KICK & STRENGTH TRAINING	TEEN / ADULT ALL LEVELS	KUNDALINI YOGA		

**• EEC CERTIFIED BEFORE / AFTER SCHOOL & SUMMER PROGRAMS (WE TRANSPORT) • CHILD CARE VOUCHERS ACCEPTED!**

**\*Homework Help \*Snack \*Taekwondo Classes \*Computers \*Sports and Athletics \*Field Trips \*Library \*Structured Free Time**

*We are a Year Round Child Care Provider! The After School Program is located at 70 Mohawk Trail in Greenfield*

- Beginner Classes Each Day (Mon-Sat) • Children, Teen & Adult Classes For All Ability Levels
- Personalized Training From Black Belt Instructors • Aerobic Cardio Kick & Strength Training
  - Private Classes For One On One Sessions • WTF & USOC Olympic Style Sparring
- Weapons Classes with Bo, Nunchucks & More • CPR, First Aid & Life Guard Training Available
- **Mixed Martial Arts (MMA) Classes for all ages!** Includes: Taekwondo, Boxing, Grappling and Wrestling

\*Schedule will expand each month as needs arise for more advanced classes like Weapons and Black Belt Class.

**FOR APPOINTMENTS CALL (413) 475-3715 OR VISIT US ONLINE AT: CFMAF.NET**