



# CENTER FOR MARTIAL ARTS & FITNESS

## 2011 NEW YEAR CLASS SCHEDULE



TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00~5:45 PM	CHILDREN'S CLASS ALL BELTS	CHILDREN YELLOW TO BLACK BELT	CHILDREN'S CLASS ALL BELTS	CHILDREN YELLOW TO BLACK BELT	CHILDREN WHITE BELT (BEGINNER)	PRIVATE CLASSES <b>9:00 - 9:45 AM</b>
5:45~6:30 PM	<b>LITTLE DRAGONS</b> (3-5 YRS OLD) <b>5:45 - 6:15 PM</b>	CHILDREN WHITE BELT (BEGINNER)	<b>LITTLE DRAGONS</b> (3-5 YRS OLD) <b>5:45 - 6:15 PM</b>	CHILDREN WHITE BELT (BEGINNER)	CHILDREN YELLOW TO BLACK BELT	OPEN CLASS ALL AGES & BELTS <b>9:45 - 10:30 AM</b>
6:30~7:15 PM	TEEN-ADULTS ALL BELTS	TEEN-ADULT ALL BELTS	TEEN-ADULT ALL BELTS	TEEN-ADULT ALL BELTS	TEEN-ADULT ALL BELTS - CARDIO & STRENGTH TRAINING	<b>CHILDREN'S MIXED MARTIAL ARTS CLASS</b> <b>10:30 - 11:30 AM</b>
7:15~8:00 PM	BLACK BELT & INSTRUCTOR'S CLASS		<b>MIXED MARTIAL ARTS</b> TEEN-ADULT	<b>WOMEN'S SELF DEFENSE CLASS</b>		Ask about our AWESOME BIRTHDAY PARTIES! 3 packages available

**• EEC CERTIFIED BEFORE / AFTER SCHOOL & SUMMER PROGRAMS (WE TRANSPORT) • NEFC 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 PE Bowe School – 115 Hampden Street – Chcopee*

- Beginner Classes Each Day (Mon-Sat) • Children, Teen & Adult Classes For All Ability Levels
  - Personalized Training From Black Belt Instructors • **Women's Self Defense Classes**
  - 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
- \* We are a proud member of USA Taekwondo - Sanctioned through the US Olympic Committee

**FOR APPOINTMENTS CALL (413) 594-9200 – OR VISIT US ONLINE AT: CFMAF.NET**