

SIDEKICKS Martial Arts Studio
Phone: 586-779-5425



Current Class Schedule
www.sidekicksma.com
Winter-Spring 2019

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:00—10:00 AM Martial Arts	9:00—10:00 AM Martial Arts	9:00—10:00 AM Krav Maga	9:00—10:00 AM Martial Arts	9:00—10:00 AM Krav Maga	9:00—10:00 AM Martial Arts
10:00-11:00 AM Kickboxing	10:00—11:00 AM Kickboxing	10:00-11:00 AM Kickboxing	10:00—11:00 AM Kickboxing	10:00-11:00 AM Kickboxing	10:00—11:00 AM MSD (5-12 years old) All ranks
4:30—5:30 PM MSD (5-12 years old) Forms	4:30—5:30 PM MSD (5-12 years old) Martial Arts-Beginners	4:30—5:30 PM MSD (5-12 years old) Sparring	4:30—5:30 PM MSD (5-12 years old) Martial Arts-Beginners	4:30—5:30 PM MSD (5-12 years old) Martial Arts	10:00—11:00 AM CZ Krav Maga
4:30—5:30 PM CZ Kickboxing	4:30—5:30 PM CZ (5-12 years old) Martial Arts-Int/Adv	4:30—5:30 PM CZ Kickboxing	4:30—5:30 PM CZ (5-12 years old) Martial Arts-Int/Adv	4:30—5:30 PM CZ Kickboxing	11:00—12 Noon MSD Hap Ki Do
5:30—6:30 PM MSD Kickboxing	5:30—6:30 PM MSD Martial Arts	5:30—6:30 PM MSD Kickboxing	5:30—6:30 PM MSD Martial Arts	5:30—6:30 PM MSD Kickboxing	12:00—12:45 PM MSD Little Kickers
5:30—6:30 PM CZ Martial Arts	5:30—6:30 PM CZ Active Recovery Class	5:30—6:30 PM CZ Martial Arts	5:30—6:30 PM CZ Active Recovery Class	5:30—6:30 PM CZ Martial Arts	12:00—1:00 PM CZ Kickboxing
6:30—7:30 PM MSD Martial Arts	6:30—7:30 PM MSD Krav Maga	6:30—7:30 PM MSD Hap Ki Do	6:30—7:30 PM MSD Krav Maga	6:30—7:30 PM Martial Arts	
6:30—7:30 PM CZ Krav Maga	6:30—7:30 PM CZ Kickboxing	7:30—8:30 PM MSD Kickboxing	6:30—7:30 PM CZ Kickboxing		<u>Sunday</u>
7:30—8:30 PM MSD Kickboxing	7:30—8:30 PM CZ Private Training		7:30—8:30 PM CZ Private Training		9:00—10:00 AM Kickboxing
	7:30—8:30 PM MSD (13 years & older) Martial Arts		7:30—8:30 PM MSD (13 years & older) Martial Arts		10:00—11:00 AM (13 years & older) Martial Arts

Classroom
 MSD=Moo Sool Do Jang
 CZ=Combat Zone

SIDEKICKS Martial Arts Studio, Inc.

Grand Master Brian Pontillo

21617 Harper Avenue

St. Clair Shores, MI 48080