



SIDEKICKS Martial Arts Studio

Phone: 586-779-5425

Current Class Schedule
www.sidekicksma.com

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:00—10:00 AM Krav Maga	9:00—10:00 AM Martial Arts (Mixed Ages)	11:00 AM—12:30 PM Rock Steady: Fighting Back Against Parkinson's	9:00—10:00 AM Martial Arts (Mixed Ages)	9:00—10:00 AM Krav Maga	9:00—10:00 AM Martial Arts Advanced Ranks
11:00 AM—12:30 PM Rock Steady: Fighting Back Against Parkinson's	9:00—10:00 AM MindBody Knockout	1:00 PM—2:30 PM Rock Steady: Fighting Back Against Parkinson's (Low Intensity)	9:00—10:00 AM MindBody Knockout	11:00 AM—12:30 PM Rock Steady: Fighting Back Against Parkinson's	10:00—11:00 AM Krav Maga
1:00 PM—2:30 PM Rock Steady: Fighting Back Against Parkinson's (Low Intensity)					10:30—11:15 AM (5-12 years old) All ranks
					11:30—12:15 PM Little Kickers
					11:30 AM—12:15 PM Sparring Club
4:15—5:00 PM (5-12 years old) Martial Arts—Beginners	4:15—5:00 PM (5-12 years old) Martial Arts—Beginners	4:15—5:00 PM (5-12 years old) Martial Arts—Beginners	4:15—5:00 PM (5-12 years old) Martial Arts—Beginners		
5:00—5:45 PM (5-12 years old) Martial Arts—Int/Adv	5:00—5:45 PM (5-12 years old) Martial Arts—Int/Adv	5:00—5:45 PM (5-12 years old) Martial Arts—Int/Adv	5:00—5:45 PM (5-12 years old) Martial Arts—Int/Adv		
5:00—5:45 PM Kickboxing with GMBP	6:00—7:00 PM Martial Arts-All Ranks	5:00—5:45 PM Kickboxing with GMBP	6:00—7:00 PM Martial Arts-All Ranks		
6:00—7:00 PM Martial Arts-All Ranks	6:00—7:00 PM Krav Maga	6:00—7:00 PM Martial Arts-All Ranks	6:00—7:00 PM Krav Maga		
6:00—7:00 PM Krav Maga	7:00—8:00 PM (Mixed Ages) Martial Arts	6:00—7:00 PM Krav Maga	7:00—8:00 PM (Mixed Ages) Martial Arts		
7:00—8:00 PM (Mixed Ages) Martial Arts		7:00—8:00 PM (Mixed Ages) Martial Arts			

Classroom

Red=Moo Sool Do Jang
Black=Combat Zone

SIDEKICKS Martial Arts Studio, Inc.

21617 Harper Avenue

Grand Master Brian Pontillo

St. Clair Shores, MI 48080