



**SIDEKICKS Martial Arts Studio**  
**Phone: 586-779-5425**

**Current Class Schedule**  
**[www.sidekicksma.com](http://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	8:30 AM—9:15 AM Tone & Tighten	5:45 AM—6:30 AM Rise & Reset	8:30 AM—9:15 AM Calorie Crusher	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 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)	11:00 AM-12:30 PM Rock Steady: Fighting Back Against Parkinson's	10:00—11:00 AM Krav Maga  10:30—11:15 AM (5-12 years old) All ranks  11:30-12:15 PM Little Kickers
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		11:30 AM—12:15 PM Sparring Club
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		
6:00—7:00 PM Martial Arts-All Ranks	6:00—7:00 PM Martial Arts-All Ranks	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 Krav Maga	6:00—7:00 PM Krav Maga	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	7:00—8:00 PM (Mixed Ages) Martial Arts		

<b>Classroom</b> Red=Moo Sool Do Jang Black=Combat Zone
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**SIDEKICKS Martial Arts Studio, Inc.**

**21617 Harper Avenue**

**Grand Master Brian Pontillo**

**St. Clair Shores, MI 48080**