SIDEKICKS Martial Arts Studio

21617 Harper Avenue
St. Clair Shores, MI 48080

Current Class Schedule

www.sidekicksma.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 AM – 12:15 PM Rock Steady: Fighting Back Against Parkinson's 12:30 – 1:45 PM Rock Steady: Fighting Back Against Parkinson's *Low Intensity* - - - - - - - 4:15 – 5 PM Martial Arts (5-12 years) Beginner 5 – 5:45 PM Martial Arts (6-16 years) Intermediate/Advanced 5 – 5:45 PM Kickboxing with GMBP 6 – 7 PM Martial Arts – All Ranks 6 – 7 PM Krav Maga 7 – 8 PM Martial Arts – All Ranks	9 – 10 AM Martial Arts – All Ranks 9 – 10 AM Kickboxing Fitness - - - - - - - 4:15 – 5 PM Martial Arts (5-12 years) Beginner 5 – 5:45 PM Martial Arts (6-16 years) Intermediate/Advanced 6 – 7 PM Martial Arts – All Ranks 6 – 7 PM Krav Maga 7 – 8 PM Martial Arts – All Ranks	11 AM – 12:15 PM Rock Steady: Fighting Back Against Parkinson's 12:30 – 1:15 PM Mind Body Boost 1:15 – 2:30 PM Rock Steady: Fighting Back Against Parkinson's *High Intensity* - - - - - - - 4:15 – 5 PM Martial Arts (5-12 years) Beginner 5 – 5:45 PM Martial Arts (6-16 years) Intermediate/Advanced 5 – 5:45 PM Kickboxing with GMBP 6 – 7 PM Martial Arts – All Ranks 6 – 7 PM Krav Maga 7 – 8 PM Martial Arts – All Ranks	9 – 10 AM Martial Arts – All Ranks 9 – 10 AM Kickboxing Fitness 11 AM – 12 PM Parkinson's Wellness Recovery (PWR) - - - - - - - 4:15 – 5 PM Martial Arts (5-12 years) Beginner 5 – 5:45 PM Martial Arts (6-16 years) Intermediate/Advanced 6 – 7 PM Martial Arts – All Ranks 6 – 7 PM Krav Maga 7 – 8 PM Martial Arts – All Ranks	11 AM – 12:15 PM Rock Steady: Fighting Back Against Parkinson's	9 – 10 AM Martial Arts Advanced 10 – 11 AM Krav Maga 10:30 – 11:15 AM Martial Arts (5-12 years) All Ranks 11:30 AM – 12:15 PM Little Kickers 11:30 AM – 12:15PM Sparring Club **Classroom** **Red: Moo Sool Do Jang** **Black: Combat Zone**

Grand Master Brian Pontillo – (586) 779-5425