



CLASS SCHEDULE

2406 Cornhusker Rd., Bellevue, NE 68123 (402) 731-KICK
 www.martialartsinbellevue.com aamafrontdesk@gmail.com

| | Monday A Day | Tuesday A Day | Wednesday B Day | Thursday B Day | Friday A/B Day | Saturday A/B Day |
|---------|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|---------------------------------|---|
| 9:30am | | | | | | |
| | | | | | | 9:30—10:45 am Black Belts |
| 11:30am | | 11:30-12:30 Adults All Ranks | | 11:30-12:30 Adults All Ranks | 11:30-12:30 Adults All Ranks | 10:45—11:30am Youth Beginner Youth Intermediate |
| 4:45pm | Youth - Beginner White—Gold | Youth - Intermediate Orange— Red | Youth - Beginner White—Gold | Youth - Intermediate Orange— Red | | 11:30—12:00 Little Dragons |
| 5:30pm | Little Dragons | Little Dragons | Little Dragons | Little Dragons | | 12:00—1:00 Adults All Ranks |
| 6:00pm | Youth - Intermediate Orange — Red | Youth - Beginner White — Gold | Youth - Intermediate Orange — Red | Youth - Beginner White — Gold | | |
| 6:45pm | Adult Kung-Fu All Ranks | Black Belts | Adult Kung-Fu All Ranks | Black Belts | | |
| 6:45pm | | | | | | |

| | |
|----------------------|-----------------|
| Little Dragons | 4-6 years old |
| Youth Kung-Fu | 7-12 years old |
| Teen & Adult Kung-Fu | 13-95 years old |
| Fitness Kickboxing | 15 & Older |

KUNG-FU ROCKS!

Please notify Mr. G if you plan to be away for more than 7 days.

- Bring a positive attitude and a strong desire to improve.
- Please arrive 10 minutes prior to your scheduled class time.
- Wear a clean, appropriate, complete uniform.
- Long hair past the shoulders must be pulled back.
- No Jewelry. Anyone, Anytime.