



Fall Schedule 2009

(608) 437-CHOP (2467)



(Effective Date: 9/12/2009)	<u>Monday</u> (Grappling)	<u>Wednesday</u> (Muay Thai)	<u>Thursday</u>	<u>Saturday</u> (Weekly-Review)
Tiny Champions	4:00-4:30	3:30-4:00		
Little Champions	5:00-5:30	5:30-6:00		11:45-12:15
Youth Grappling (Basic 5:30-6:00, Inter. 5:30-6:30, Adv. 6:00-7:00)	5:30-7:00			10:45-11:15
Adult Grappling (Basic 7:00-7:45, Inter. & Adv. 7:00-8:15)	7:00 – 8:15			10:00-10:45
Youth Muay Thai (Basic 4:00-4:30, Inter. 4:00-5:00, Adv. 4:30-5:30)		4:00-5:30		10:45-11:15
Adult Muay Thai (Basic 6:30-7:15, Inter. & Adv. 6:30-8:00)		6:30 - 8:00		10:00-10:45
"Drop-In" Adult Fitness Class (*ask for details)	8:15-9:00		6:15-7:00	
Youth Black Belt Training	4:30 - 5:00	6:00 – 6:30		
YOUTH PREMIER & LEADERSHIP TRAINING SEMINAR			5:30-6:15	
ADULT & TEEN PREMIER & LEADERSHIP TRAINING SEMINAR			7:00-8:00	

"I Can Do IT!"

Classifications:

"Tiny Champion" = Ages 4-5 yrs old, "Little Champion" = Ages 5-8 yrs old,
 "Youth" = 8 thru 13 years old, "Teen" = 14-18 years old, "Adult" = 18 & up
 "Basic" = White, Gold, and Orange belts (includes Tiny & Little Champions).
 "Intermediate" = Purple, Blue, Green belts.
 "Advanced" = Brown, Brown-Stripe, Red, Red-Stripe, ½ Red & ½ Black belts.

To take class, students must, have:

- **Mondays, Grappling-Full Gi (uniform);** *Black Belt Training, Premier Training & Leadership Training students may also wear mixed martial arts (MMA) shorts
- **Wednesdays, Muay Thai-** shorts, Infusion MMA T-shirt, and training equipment