



Summer Schedule 2010

(608) 437-CHOP (2467)



Effective Date: 6/1/2010	Monday Brazilian Jiu Jitsu & Adult Fitness	Tuesday Appointments	Wednesday Muay Thai	Thursday Adult Fitness, Leadership/Premier Training, MMA	Saturday Special Events
TINY CHAMPIONS	5:30-6:00		3:30-4:00		
LITTLE CHAMPIONS	6:00-6:30		4:00-4:30		
YOUTH	4:00-5:30 Basic 4:00-4:30, Inter. 4:00-5:00, Adv. 4:30-5:30		5:00-6:30 Basic 5:00-5:30, Inter. 5:00-6:00, Adv. 5:30-6:30	5:00-5:45 (Leadership/Premier)	
YOUTH "BLACK BELT" TRAINING	6:30 - 7:00		4:30 - 5:00		
ADULT	7:00 - 8:15 Basic 7:00-7:45, Inter. & Adv. 7:00-8:15		6:30 - 8:00 Basic 6:30-7:15, Inter. & Adv. 6:30-8:00	6:45-7:30 (Adult & Teen MMA) 7:30-8:30 (Leadership/Premier)	
"Drop-In" Adult Fitness Class	8:15-9:00			6:00-6:45	
Birthday & Pizza Parties					1:00-2:30 PM

Descriptions

"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" belts = white, gold, and orange belt (*includes all "Tiny" and "Little Champions")
 "Intermediate" belts = purple, blue, and green belt
 "Advanced" belts = brown, brown stripe, red, red stripe, ½ red / ½ black, black
 "Masters Team" = black belts

Bring to class (students must have):

Mondays (grappling)

Full Gi (uniform)

Wednesdays (Muay Thai)

Muay Thai- shorts, Infusion MMA T-shirt, & equipment bag

Thursdays (Mixed Martial Arts)

Full Gi (uniform) and equipment bag

Saturdays (Weekly Review)

Full Gi (uniform) and equipment bag

"I Can Do It", Focus, Respect, Self-Discipline, "You Can Do It", Confidence, "Tap Early, Tap Often, Tap Always", Perseverance, Self-Control