



**MARTIAL ARTS
TRAINING CENTER**

425 Delaware, Ft Washington, PA 19034
(215) 283-5258 www.CompetitiveEdge.cc

CLASS SCHEDULE

We Offer Open Mat Time During Hours of Operation Each Day!

****Students Should Arrive 10 Minutes Prior to Class Time to Warm-Up for Class ****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Boxing 6:00 - 7:00 AM Starting 10/13/09	After school Program TKD Class Time 3:30 - 4:15 Call for Details!	Boxing 6:00 - 7:00 AM Starting 10/13/09		Boxing 9:30 - 10:30
Kids Open TaeKwonDo 5:00 - 5:45	Ladies Only (AM) TaeKwonDo 9:15 - 10:00 Cancelled until further notice	Kids Open TaeKwonDo 5:00 - 5:45	Ladies Only (AM) TaeKwonDo 9:15 - 10:00 Cancelled until further notice		Basic Martial Art Skills & Weapons Instructor - Jeff Morris 10:00 - 11:40 No class July 10th
Little Champs TaeKwonDo 5:45 - 6:15	Little Champs TaeKwonDo 5:00 - 5:30	Little Champs TaeKwonDo 5:45 - 6:15	Little Champs TaeKwonDo 5:00 - 5:30		
Japanese Weapons Kids: 5:45 - 6:15 Adults: 6:20 - 7:05	Kids Open TaeKwonDo 5:30 - 6:15	Adults / Teens TaeKwonDo 6:20 - 7:05 Cancelled until further notice	Kids Open TaeKwonDo 5:30 - 6:15		Mixed Martial Arts (MMA) 10:30 - 12:00
Adults / Teens TaeKwonDo 6:20 - 7:05	Open Mat 5:00 - 7:00		Open Mat 5:00 - 7:00		Forms & Basic Skills Class 10:50 - 11:35
Fitness Kick Boxing 6:00 - 7:00		Fitness Kick Boxing 6:00 - 7:00	Adults / Teens TaeKwonDo 6:20 - 7:05	Classes Forming Mix It Up Kickboxing/Judo- Grappling 5:30 - 6:15 Invitation only (Contact person Ron Monroe)	Muay Thai 11:45-12:45 Notice of Attendance is Necessary
Brazilian Jiu-Jitsu 7:00 - 8:00	Adults / Teens TaeKwonDo 6:20 - 7:05		Brazilian Jiu-Jitsu 7:00 - 8:00		
Boxing 7:00 - 8:00	Boxing 7:00 - 8:00	Boxing 7:00 - 8:00	Boxing 7:00 - 8:00		
Judo 8:00 - 9:00	Mixed Martial Arts (MMA) 8:00 - 9:00	Judo 7:30 - 8:30			
		Muay Thai 8:00 - 9:00			

TKD Little Champs Classes (3 – 5 year olds) TKD Kids Open (6 – 11 year olds) TKD Adult / Teen Classes (12 and Over)	Sat. Open (ages 6 & up) TKD Weapons (8 yrs old & over) Forms class (Orange Belts & above) Kids Judo (8 yrs old & over)
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School Closing Dates - Not Finalized	
Martin Luther King Day	1/18/2010
President's Day (TKD Students)	2/15/2010
Memorial Day	5/29-5/31/2010
July 4th	7/3-7/5/2010
Labor Day	9/4-9/6/2010
Thanksgiving	11/24-11/27/2010
Christmas / Winter Break	12/25/2010-1/4/2011