



**MARTIAL ARTS TRAINING CENTER**

425 Delaware, Ft Washington, PA 19034  
 (215) 283-5258 [www.CompetitiveEdge.cc](http://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   | SUNDAY                             |
|---|--|---|--|--|--|------------------------------------|
| After School TKD Program Monday thru Friday<br>Program Hours ~ 3:30 - 6:00<br>TKD Lessons ~ 4:15 - 5:00<br><b>Call for Details!</b> |  |   |  |  | Boxing<br>9:30 - 10:30 AM  | BJJ / No Gi<br>Workout<br>10:00 AM |
| Kids Open<br>TaekwonDo<br>5:00 - 5:45<br>(All Belts)  | <b>TESTING<br/>White to Blue Stripe</b><br>2nd & 4th<br>Tuesday of<br>each month | Sparring Class/ Kids<br>Open TaekwonDo<br>5:00 - 5:45<br>(White-Orange) |  |  | Tae Kwon Do Skill<br>Building Class<br>9:00 - 11:30<br>(Blue - Black)                                |                                    |
| Little Champs<br>TaekwonDo<br>(3-5 yrs old)<br>5:45 - 6:15  | Little Champs<br>TaekwonDo<br>(3-5 yrs old)<br>5:00 - 5:30                       | Little Champs<br>TaekwonDo<br>(3-5 yrs old)<br>5:45 - 6:15              | Little Champs<br>TaekwonDo<br>(3-5 yrs old)<br>5:00 - 5:30 | Open Taekwondo<br>Adults & Kids<br>4:30 - 5:15<br>(All Ages & Belts) | Basic Skills &<br>Weapons Class<br>9:00 - 10:30  |                                    |
| Japanese Weapons<br>Kids<br>On hold til March   | Basic Class<br>TaekwonDo<br>5:30 - 6:15<br>(White-Orange)                        | Adult & Kids<br>Sparring<br>6:20 - 7:05<br>(Orange to Black)            | Basic Class<br>TaekwonDo<br>5:30 - 6:15<br>(White-Orange)  | Demo Team<br>5:15 - 6:00   | Forms Class<br>10:45 - 11:35   |                                    |
| Sparring Class<br>6:20 - 7:05   | Open Mat<br>5:00 - 7:00  |   | Open Mat<br>5:00 - 7:00                                    | Open Mat<br>5:00 - 7:00  | Brazilian<br>Jiu-Jitsu<br>10:00 - 11:30  |                                    |
|   | Advanced Kids<br>(Orange to Black)<br>6:20 - 7:05                                |   | Advanced Kids<br>(Orange to Black)<br>6:20 - 7:05          |  | <b>TESTING<br/>Blue Belt to Red Belt</b><br>Last Saturday of<br>each month<br>(per testing required) |                                    |
|   | Teens & Adults<br>(All Belts)<br>6:20 - 7:05                                     |   | Teens & Adults<br>(All Belts)<br>6:20 - 7:05               |  | Muay Thai<br>11:45-12:45   |                                    |
| Boxing<br>7:00 - 8:00   | Boxing<br>7:00 - 8:00  | Boxing<br>7:00 - 8:00   | Boxing<br>7:00 - 8:00                                      |  |  |                                    |
| Brazilian<br>Jiu-Jitsu<br>7:05 - 9:00   |  | Judo<br>7:30 - 8:30   | Brazilian<br>Jiu-Jitsu<br>7:05 - 9:00                      |  |  |                                    |
| Judo<br>8:00 - 9:00   |  | Muay Thai<br>8:00 - 9:00  |  |  |  |                                    |

|  |   |
|--|---|
| TKD Little Champs Classes (3 – 5 year olds)<br>TKD Kids Open (6 – 11 year olds)<br>TKD Adult / Teen Classes (12 and Over)<br><b>Black Stripe &amp; Belts Testing Must be Approved &amp; Scheduled by Marie</b> | Sat. Open (ages 6 & up)<br>TKD Weapons (8 yrs old & over)<br>Forms class (Orange Belts & above)<br>Kids Judo (8 yrs old & over) |
|--|---|

| School Closing Dates - Not Finalized       |                     |
|--|---------------------|
| <b>Good Friday</b>                         | 4/22/11             |
| <b>Spring Break (TKD Classes)</b>          | 4/18 - 4/22/11      |
| <b>After School Program's Spring Break</b> | 4/18 - 4/22/11      |
| <b>Memorial Day</b>                        | 5/27-5/30/2011      |
| <b>July 4th</b>                            | 7/1-7/4/2011        |
| <b>Labor Day</b>                           | 9/2 - 9/5/2011      |
| <b>Halloween (TKD Classes)</b>             | 10/31/2011          |
| <b>Thanksgiving</b>                        | 11/24-11/26/2011    |
| <b>Christmas / Winter Break</b>            | 12/23/2011-1/2/2012 |