



FUSION ADULTS

The Fusion adults class is a moderate to high impact mixed martial art class combining aspects from TKD, Muay Thai kickboxing, Western Boxing, Jiu Jitsu, Escrima, and Street Wise self defense. Right from the beginning you'll receive very the best in martial arts training provided by our highly skilled and energetic staff. Your commitment to training from White to Black Belt will truly be an inspiration for friends and family alike.

BG = BEGINNER / FSA101 (White – Gold) IN = INTERMEDIATE / FSA201 (Green – Blue)
AD = ADVANCED / FSA301(Blue-Black - Red) BK = BLACK BELT / FS401 AL = All Levels

Monday	Tuesday	Weds.	Thursday	Friday	Saturday	Sunday
6:30 BG 7:30 BK	12PM AL 6:45 AL	6:30 IN/AD 7:30 BK	12PM AL 6:45 AL	None	11:00AM AL	None

PREREQUISITES: Must have completed an intro lesson. No Prior Experience Needed for BG classes. See Enrollment Policy.

FAMILY KICKS TKD

Olympic Style Taekwondo classes focus on kicking/footwork, forms, conditioning, core, and board breaking. Students will build flexibility and increase core strength in these dynamic classes. Korean culture and Taekwondo history are taught, along with the use of Modern Training Methods. Competition opportunities are available for students who wish to take their performance to the next level.

BG = BEGINNER / FK101 (White) ABG = Advanced Beginner (Yellow – Green) IN = INTERMEDIATE / FK201 (Blue - Red)
AD = ADVANCED / FK301(Brown – Black) BK = BLACK BELT / FK401 AL = All Levels

Monday	Tuesday	Weds.	Thursday	Friday	Saturday	Sunday
3:30 BG 4:15 ABG 6:30 BK 7:30 BL/RD/BR	4:15 AD 5:00 IN 6:45 BG 7:15 ABG	3:30 BG 4:15 ABG 6:30 BK 7:30 BL/RD/BR	4:15 AD 5:00 IN 6:45 BG 7:15 ABG	N/A	11:00AM ABG 11:45AM BL/RD/BR 12:30PM OLYMPIC	N/A

PREREQUISITES: Must have completed an intro lesson. No Prior Experience Needed for BG classes. See Enrollment Policies. Proper equipment required for sparring classes.

KICKBOXING

With influences from TKD, Muay Thai, and Western Boxing; Kickboxing class is a moderate impact fitness-combat class with focus on the technical and practical aspects of offense, defense, foot work, and physical fitness. Kickboxing class is a great fit for anyone who's is looking for in depth kickboxing training, and a great workout without the worry of being injured from sparring.

KB101 = Beginner levels KB201 = Intermediate/Advanced levels

Monday	Tuesday	Weds.	Thursday	Friday	Saturday	Sunday
5:30 KB101	5:45 KB201	5:30 KB101	5:45 KB201	N/A	12:00PM KB101 / KB201	N/A

PREREQUISITES: No prior experience necessary for Beginner level kickboxing (KB101). Must pass the Beginner course before entering the Intermediate/Advanced course(KB201).

TECNICA

The Tecnica Academy is dedicated to the Art and Technique of Gracie Jiu-Jitsu. Following the curriculum created by Professor Pedro Sauer and the Gracie Family, the Tecnica Academy is focused on spreading the Art of Jiu-Jitsu while staying true to the standards of the Gracie/Sauer Family. Our academy offers a specialized program for adults in one of the most effective martial art and self defense systems in the world.

TC101 (White/120hr or less) TC201 (Blue/121hrs or more)

Monday	Tuesday	Weds.	Thursday	Friday	Saturday	Sunday
N/A	6:30 TC101/TC201	N/A	6:30 TC101/TC201	N/A	Noon	N/A

PREREQUISITES: Must meet minimum age requirement of 13 yrs. Entry into this class is subject to instructor approval. Brazilian Jiu Jitsu uniform required.

Rev. JAN2012