

Living Defense Martial Arts Class Schedule

		Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
		A	B	A	B	A	B	A	B	A	A
Daytime	11:00	Brazilian Jiu-Jitsu (Gi)				Brazilian Jiu-Jitsu (Gi)				Brazilian Jiu-Jitsu (Gi)	Taekwondo (All Ranks & Ages)
	12:00	Kickboxing/ Rock Steady				Kickboxing/ Rock Steady				Kickboxing/ Rock Steady	Mixed Martial Arts
Evening	4:30	Kids Brazilian Jiu-Jitsu (5-8 y) (9-12 y)		Beg Kids Taekwondo (W-Sr. Yellow)		Little Dragons		Beg Kids Taekwondo (W-Sr. Yellow)		Kids Brazilian Jiu-Jitsu (5-8 y)	
	5:00	Kids Taekwondo Int (Green - Blue) Adv (Sr. Blue-Black)		Beg Kids Taekwondo (W-Sr. Yellow)		Kids Taekwondo Int (Green - Blue) Adv (Sr. Blue-Black)		Beg Kids Taekwondo (W-Sr. Yellow)		Kids Brazilian Jiu-Jitsu (9-12 y)	
	5:15										
	6:00	Adult Taekwondo	Brazilian Jiu-Jitsu Fundamentals (Gi)	Adult Taekwondo	Comp Class (No Gi)	Open Circuits Striking	Brazilian Jiu-Jitsu Fundamentals (No Gi)	Adult Taekwondo	Comp Class (No Gi)	Brazilian Jiu-Jitsu (Gi)	
	7:00	Boxing	Brazilian Jiu-Jitsu (Gi)	Kickboxing	Brazilian Jiu-Jitsu (Gi)	Sparring Fundamentals	Brazilian Jiu-Jitsu (Gi)	Kickboxing	Brazilian Jiu-Jitsu (Gi)	Living Defense Martial Arts 308 East Kiehl Avenue #A-4. Sherwood, AR 72120 (501) 834-3537 www.livingdefense.com Ask about our Concealed Carry Pistol Classes!	
	8:00	Weeping Style Jujutsu						Weeping Style Jujutsu			