



BLACKROCK
MARTIAL ARTS

BLACK ROCK MARTIAL ARTS SPRING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6 - 7am Adult Strength and Conditioning		6 - 7am Adult Strength and Conditioning		
	9 - 10am Adult Kickboxing		9 - 10am Adult Kickboxing			10am - 12pm Open Mat Ages 15+
						11am-12pm Takedowns (Free to Members)
	3 - 3:30pm Lil Ninjas TKD (3-5 yrs)					
3:30 - 4:15pm Kids Jiu Jitsu (6-9 yrs)	3:30 - 4:15pm Kids Taekwondo(5-7 yrs)	3:30 - 4:15pm Kids Jiu Jitsu (6-9 yrs)	3:30 - 4:15pm Kids Taekwondo(5-7 yrs)			
4:15 - 5pm Kids Taekwondo (8-12 yrs)	4:15 - 5pm Kids Kickboxing (7-11 yrs)	4:15 - 5pm Kids Taekwondo (8-12 yrs)	4:15 - 5pm Kids Kickboxing (7-11 yrs)			
5 - 6pm Teen Kickboxing	5 - 6pm Main Floor: Teen Kickboxing 5 - 5:45pm Mezzanine: Kids Jiu Jitsu (6-9 yrs)	5 - 6pm Main Floor: Teen Kickboxing 5 - 6pm Mezzanine: Women's Jiu Jitsu	5 - 6pm Main Floor: Teen Kickboxing 5 - 5:45pm Mezzanine: Kids Jiu Jitsu (6-9 yrs)	5 - 6pm Main Floor: Teen Kickboxing Sparring 5 - 5:45pm Mezzanine: Kids Kickboxing (age 7-11)		
6 - 7pm Main Floor: Adult Kickboxing (Conditioning) Mezzanine: Adult Jiu Jitsu Fundamentals	6 - 7pm Main Floor: Adult Kickboxing (Optional Sparring) Mezzanine: Youth Jiu Jitsu (10-15 years old)	6 - 7pm Main Floor: Adult Kickboxing (Conditioning) Mezzanine: Adult Jiu Jitsu Fundamentals	6 - 7pm Main Floor: Adult Kickboxing (Technique) Mezzanine: Youth Jiu Jitsu (10-15 years old)	6 - 7pm Adult Kickboxing (Dutch Drilling) Mezzanine: Adult Jiu Jitsu Intermediate and Competition Training		
7 - 8:30pm Main Floor: Adult MMA 7 - 8pm Mezzanine: Adult Boxing	7 - 8:30pm Adult Jiu Jitsu	7 - 8:30pm Main Floor: Adult MMA 7 - 8pm Mezzanine: Adult Boxing	7 - 8:30pm Adult Jiu Jitsu	7 - 8:30pm Adult MMA		

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