



# Class Schedule

Jun – Aug 2019

[www.BorgesMartialArts.com](http://www.BorgesMartialArts.com)

[BorgesMartialArts@gmail.com](mailto:BorgesMartialArts@gmail.com)

978-612-6272

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
			<b>Tiny Tigers</b> 9:00 – 9:30AM		Competition Team Training
				<b>Adult Martial Arts</b> 12:00 – 1:00PM	Specialty Classes
	<b>Tiny Tigers</b> 4:00 – 4:30PM		<b>Tiny Tigers</b> 4:00 – 4:30PM		
	<b>Level 1</b> 4:45 – 5:30PM		<b>Level 1</b> 4:45 – 5:30PM		
<b>Forms (Beg/Int)*</b> 5:30 – 6:00PM	<b>Level 2</b> 5:40 – 6:25PM	<b>Reserved for Private Lessons</b>	<b>Level 2</b> 5:40 – 6:25PM		
<b>Sparring (all levels)*</b> 6:00 – 6:30PM	<b>Level 3</b> 6:30 – 7:15PM		<b>Level 3</b> 6:30 – 7:15PM	<b>Demo Team*</b> 6:00 – 8:00PM	
<b>Adv. Forms/Weapons*</b> 6:30 – 7:00PM	<b>Teen/Adult</b> 6:30 – 7:15PM		<b>Teen/Adult</b> 6:30 – 7:15PM		
<b>Fitness Kickboxing</b> 7:15 – 8:00PM	<b>C.O.B.R.A. Self-Defense</b> 7:30 – 8:30PM		<b>C.O.B.R.A. Self-Defense</b> 7:30 – 8:30PM	<b>Advanced Training*</b> 7:00 – 9:00PM	

## Class Descriptions

**Tiny Tigers:** A 30-minute class for preschool age children (ages 3-4) that combines karate with balance, power, speed, coordination, and focus skills.

**Levels 1-3:** Our Level 1-3 Karate classes are an age-specific martial arts program that focuses on helping your child reach their full potential.

*Level 1 Karate: Ages 5-6*

*Level 2 Karate: Ages 7-9*

*Level 3 Karate: Ages 10-13*

**Teen/Adult Karate:** Ages 14 and up

**Fitness Kickboxing:** A full-body workout that's effective and fun! This class is a combination of cardio training and resistance training to help you burn fat and tone muscle in a short amount of time. All fitness levels are welcome, go at your own pace.

*Classes are somewhat flexible, and students may be moved into a different class if deemed appropriate by the instructor.*

\*Specialty classes are by invite only.  
Please see Sensei for more information.