

BETHESDA MARTIAL ARTS

CLASS SCHEDULE



● Little Tiger's Classes (Ages 3-5)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
4:30~5:00	5:00~5:30	5:40~6:10	4:30~5:00		9:30~10:00

● Children's Classes (Ages 6-11)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
5:00~5:40	5:30~6:10	5:00~5:40	5:00~5:40		11:15~11:55

● Family Classes (All Ages)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
6:10~6:55	6:10~6:55	6:10~6:55	6:10~6:55		10:00~10:45

● Adult / Teen Muay Thai / Kick-Boxing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (pm)
11:00(am)~12:00	11:00(am)~12:00	11:00(am)~12:00	11:00(am)~12:00		1:00~2:00
7:00~8:00(pm)	8:00~9:00(pm)	7:00~8:00(pm)	7:00~8:00(pm)		

● Adult / Teen / Family Brazilian Jiu-Jitsu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (pm)
12:00~1:00 Private Lesson	12:00~1:00 Private Lesson	12:00~1:00 Private Lesson	12:00~1:00 Private Lesson		12:00~1:00
8:00~9:00(pm)	7:00~8:00(pm)		8:00~9:00(pm)		

● Adult / Teen Tai Chi

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (pm)
12:00~1:00 Private Lesson	12:00~1:00 Private Lesson	12:00~1:00 Private Lesson	12:00~1:00 Private Lesson		

● Adult / Teen TaeKwonDo

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
6:10~6:55	6:10~6:55	6:10~6:55	6:10~6:55		10:00~10:45

● Wrestling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (pm)
Private Lesson Appointment Only	Private Lesson Appointment Only	Private Lesson Appointment Only	Private Lesson Appointment Only	Private Lesson Appointment Only	2:00~4:00

Additional Services

- Birthday Party
- Self-Defense Seminar
- Private Lesson

If you enjoy your classes, please tell a friend! We appreciate your referrals.