

Mark Shrader's Mixed Martial Arts Academy Schedule call 724-222-2664 for more info

This will be our active schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
beginning 4/1/12						
						10:00-10:50am Karate (adults/kids all belts)
11:00-11:50 (Angie's classes - women only 14+)	***Cardio w/Angie*** ***Pay-per-class***				***Cardio w/Angie*** ***Pay-per-class***	11:00-11:50am Cardio Kickboxing (women only 14+)
12:00-12:30	***Lunch Break Cardio*** ***w/Angie*** ***Pay-per-class***				***Lunch Break Cardio*** ***w/Angie*** ***Pay-per-class***	MMA (ages 14+) 12:00-1:00pm Combination of all
4:00-4:45 pm	Personal Training w/Mark	Personal Training w/Mark		Personal Training w/Mark		
5:00-5:50 pm	Kids Karate (all belts ages 5-12)	Kids Karate (all belts ages 5-12)	Kids Karate (ONLY White, Yellow, Orange Belts ages 5-12)	Kids Karate (all belts ages 5-12)		
6:00-6:50 pm	Karate (adults only - ages 13 and up) <u>Black Belts under 13 take Kids Karate</u>	Cardio Kickboxing (women only - ages 14 and up)	<u>Karate Weapons Class</u> 6:00-6:50pm (adults/kids green belts and up) <u>Karate Sparring 7-7:30pm</u> (adults/kids orange belts and up)	Cardio Kickboxing (women only - ages 14 and up)	***** ***** OPEN MAT w/Clark Fridays 6-8pm (ages 14 and up) Pay-per-class ***** *****	
7:00-7:50 pm	MMA (ages 14 and up) Stand Up Boxing Muay Thai	Karate (adults only - ages 13 and up) <u>Black Belts under 13 take Kids Karate</u>	<u>MMA 7:30 – 8:30pm</u> (ages 14 and up) Clinch Take Downs Ground-n-Pound	Karate (adults only) Ages 13 and up <u>Black Belts under 13 take Kids Karate</u>		
8:00-8:50 pm	Personal Training w/Mark (8:00-8:45pm)	MMA (ages 14 and up) Jiu Jitsu Basics		MMA (ages 14 and up) Strength and Conditioning class		

