



A+ MARTIAL ARTS GLEN HEAD SCHEDULE 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRIVATE TRAINING AVAILABLE	ADULT FITNESS & KICKBOXING 10:30-11:20 AM	PRIVATE TRAINING AVAILABLE	ADULT FITNESS & KICKBOXING 10:30-11:20 AM	PRIVATE TRAINING AVAILABLE	ADULT FITNESS & KICKBOXING 8:30-9:15 AM	PRIVATE TRAINING AVAILABLE
LITTLE DRAGONS (AGES 3-5) 4:10-4:50 PM	RISING WARRIORS (AGES 6-9) 4:10-4:50 PM	LITTLE DRAGONS (AGES 3-5) 4:10-4:50 PM	RISING WARRIORS (AGES 6-9) 4:10-4:50 PM	PRIVATE TRAINING AVAILABLE	LITTLE DRAGONS (AGES 3-5) 9:30-10:10 AM	PRIVATE TRAINING AVAILABLE
RISING WARRIORS (AGES 6-9) 4:55-5:35 PM	LITTLE DRAGONS (AGES 3-5) 4:55-5:35 PM	RISING WARRIORS (AGES 6-9) 4:55-5:35 PM	LITTLE DRAGONS (AGES 3-5) 4:55-5:35 PM	PRIVATE TRAINING AVAILABLE	RISING WARRIORS (AGES 6-9) 10:15-10:55 AM	PRIVATE TRAINING AVAILABLE
DRAGONS DEN (AGES 10 & OLDER) 5:40-6:35 PM	DRAGONS DEN (AGES 10 & OLDER) 5:40-6:35 PM	DRAGONS DEN (AGES 10 & OLDER) 5:40-6:35 PM	DRAGONS DEN (AGES 10 & OLDER) 5:40-6:35 PM	PRIVATE TRAINING AVAILABLE	DRAGONS DEN (AGES 10 & OLDER) 11:00-11:55 AM	PRIVATE TRAINING AVAILABLE
COMPETITION TEAM TRAINING 6:45-7:45 PM	TEEN & ADULT MMA 6:45-7:45 PM	TEEN & ADULT MMA 6:45-7:45 PM	COMPETITION TEAM TRAINING 6:45-7:45 PM	PRIVATE TRAINING AVAILABLE	 <p>SCHEDULE YOUR CHILD'S NEXT BIRTHDAY PARTY</p> <p>SCHEDULE YOUR CHILD'S NEXT BIRTHDAY PARTY</p>	
FITNESS & KICKBOXING 8:00-8:45 PM	FITNESS & KICKBOXING 8:00-8:45 PM	FITNESS & KICKBOXING 8:00-8:45 PM	FITNESS & KICKBOXING 8:00-8:45 PM	PRIVATE TRAINING AVAILABLE		