

ALPHA MARTIAL ARTS - BRYANT - Winter 2015 Schedule

2923 NE Blakeley Street, Seattle, WA 98105 • 206-528-3737 • AlphaMartialArts.com

Effective January 5, 2015 *** Please Call to Confirm

***If you are a new student, please contact us to schedule your 1st class.

MAT #1 - Monday / Wednesday		MAT #2 - Monday / Wednesday	
	***	6:30-7:30AM	CrossFit
	***	7:30-8:30AM	CrossFit
9:30-10:30AM	Adults Kickboxing	9:30-10:30AM	CrossFit
3:45-4:15	Privates Karate	12:00-1:00	CrossFit
4:15-4:45	Dragons	4:15-5:00	Juniors Basic / BBT Beg (Ages 10+)
4:45-5:15/5:30	Juniors Basic / BBT Beg (Ages 7-9)	4:15-5:00	Juniors BBT Int / Adv
5:30-6:00	Kids Karate Intros & Privates	5:00-6:00	CrossFit
6:00-7:00	Adults Kenpo Basic / BBT	6:00-6:45	Juniors BBT Brown / Black
7:00-8:00	Adults Kenpo Black	7:00-8:00	Adults Kickboxing
		8:15-9:15	Adults Muay Thai Int/Adv
5:30-6:00	*Leadership first W of the month		

MAT #1 - Tuesday / Thursday		MAT #2 - Tuesday / Thursday	
		7:30-8:30AM	CrossFit
12:00-1:00	Adults Kickboxing	9:30-10:30AM	CrossFit
3:45-4:15	Privates Karate	12:00-1:00	CrossFit
4:15-4:45	Privates Karate	4:15-5:00	Juniors BBT Brown / Black
4:45-5:30	Juniors BBT Int / Adv	5:00-6:00	CrossFit
5:30-6:00	Dragons	6:00-6:45	Juniors Basic / BBT Beg (Ages 10+)
6:00-6:30/6:45	Juniors Basic / BBT Beg (Ages 7-9)	6:00-6:45	Juniors BBT Int / Adv
6:30-7:00	Adults Karate Intros & Privates	7:00-8:00	Adults Muay Thai Beg
7:00-8:00	Adults Kenpo Basic / BBT	8:15-9:15	Adults Muay Thai Int / Adv
8:15-9:15	Adults Kickboxing	9:15-9:45	Privates Muay Thai

MAT #1 - Friday		MAT #2 - Friday	
9:30-10:30AM	Adults Kickboxing	6:30-7:30AM	CrossFit
3:30-4:30	Staff Meeting	7:30-8:30AM	CrossFit
4:30-5:30	Masters & Demo Team	9:30-10:30AM	CrossFit
5:30-6:30	Adults & Jrs Brown / Black	12:00-1:00	CrossFit
6:30-7:00PM	Adults & Jrs BBT Sparring	4:00-5:00	CrossFit Open Gym
7:00-8:00	Mr. Durgan Jr & Adult Black Belts	5:00-6:00	CrossFit
8:00-8:30	Mr. Durgan Adult Black Belts		

MAT #1 - Saturday		MAT #2 - Saturday	
		7:30-8:30AM	CrossFit
9:15-10:30AM	Adults Kickboxing	9:15-10:15AM	Adults Muay Thai Beg
11:30A-12:00P	Privates Karate	10:30-11:30AM	Adults Muay Thai Int / Adv
11:30A-12:30P	Adults Kenpo Open Mat	11:30AM-12PM	Adults Muay Thai Sparring
12:30-2:00	Birthday Parties	12:00-2:00	Privates Muay Thai (30 minutes)
6:00-9:00	*PNO third Saturday of the month		

PLEASE NOTE:

In order to manage class sizes and our student-instructor ratios we ask students to register for and attend on specific days & times. Students may mix and match class days/times. Karate students register for classes on a quarterly basis. Kickboxers & Crossfitters may register on a weekly basis. *All class times are PM unless otherwise noted.

Dragons: All Dragon Belt levels (30 min.). Dragons who are 6 1/2 should speak with an instructor about moving up to Juniors Basic.

Juniors Basic / BBT Beg: Junior WHITE – ADV. YELLOW belts (30 min.). Students enrolled in BBT Beg stay an additional 15 minutes (45 min. total).

Juniors BBT Int / Adv: Junior ORANGE BELTS – ADV. GREEN belts (45 min.). Juniors who are 12 should speak with an instructor about moving up to Adults & Teens Kenpo.

Juniors Brown / Black: Junior BROWN – BLACK belts (45 min.). Junior Adv. Brown Belts should attend class 3 days/week (Fridays are not required).

Adults Kenpo Basic / BBT: Adults & Teens WHITE – ADV. BROWN & Teen BLACK (60 min. total). Adult Adv. Brown Belts should attend class 3 days/week (Fridays are not required).

Adults Kenpo Black: Adult BLACK Belts (60 min.). Adult Black Belts may also attend the Adults Kenpo class to review under Black Belt curriculum.

Masters Weapons & Demo Team: Masters and Demo Team are combined for the Fall quarter. Fall weapon is SWORD. See an instructor if interested in joining.

Masters Kenpo: Junior & Adult Black Belts may attend Mr. Durgan's class (60 min.). Adult Black Belts may stay for an additional 30 minutes (90 minutes total).

Adults Kickboxing are all level classes focusing on conditioning, basics, punching / kicking wavemasters & some beginner pad work.

Adults Muay Thai Beginner classes introduce students to the art of Chaisai Muay Thai and its founders Kru Alberto and Kru Ariana.

Adults Muay Thai Int/Adv classes include more advanced Chaisai Muay Thai techniques, combos, pad work, partner drills and sparring. Sash, Full Uniform & Sparring Gear Required.

Adults CrossFit classes (60 minutes) are ages 13+ and typically include a skill to build functional strength and a metabolic workout of the day (WOD).

Family CrossFit classes (45 minutes) are open to kids, teens & adults ages 6+ and focus on a metabolic workout of the day (WOD) scaled to the age and ability of the athlete.