

## ALPHA MARTIAL ARTS - CAPITOL HILL - Winter 2015 Schedule

1912 E. Madison Street, Seattle, WA 98122 • 206-322-1433 • AlphaMartialArts.com

Effective June 1, 2015 - Schedule Subject to Change - Please Call to Confirm

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

Monday / Wednesday		Tuesday / Thursday	
4:00-4:30	Little Dragons	3:30-4:00	Intros/Privates - call for appt.
4:30-5:00/5:15	Juniors Basic / BBT Beg	3:45 - 4:15/4:30	Juniors Basic / BBT
5:30-6:15	Juniors BBT Int / Adv	4:30-5:15	Juniors BBT Int / Adv
5:30-6:15	Juniors Basic / BBT Beg (Ages 10+)	4:30-5:15	Juniors Basic / BBT Beg (Ages 10+)
6:15-7:00	Juniors BBT Brown / Black	5:30-6:00	Little Dragons
7:15-8:00/8:10	Adults Kenpo Karate Basic / BBT	6:00-6:30/6:45	Juniors Basic / BBT Beg
8:15-9:15	Adults Fitness Kickboxing	6:30-7:00	Intros/Privates - call for appt.
		7:15-8:15	Adults Fitness Kickboxing
		8:20-9:20	*Adults Int / Adv Kickboxing
		6:30-7:00	*Leadership first Tues of the month (No Leadership in the summer)
Saturday			
10:00AM-11:00	Adults Fitness Kickboxing		
11:15AM-12:15	*Adults Int / Adv Kickboxing		
1:00-2:30	Birthday Parties *Subject to availability		

**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.).

**Adults Kenpo Basic / BBT:** Adults & Teens WHITE – ADV. BROWN & Teen BLACK (45 min.). Students enrolled in BBT stay an additional 10 minutes (55 min. total).

\*All BBT students must bring sparring gear on M/TU.

**Adults Kickboxing:** All level kickboxing classes focusing on conditioning, basics, punching and kicking wavemasters.

**Adults Int/Adv Kickboxing:** Classes focuses on proper kickboxing technique, thai pad and mitt drills, sparring