

ALPHA MARTIAL ARTS - BRYANT - Summer 2015 Schedule

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

Effective June 1, 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	
5:30-6:15	*Leadership first W of the month	8:00-9:00AM	CrossFit
9:30-10:30AM	Adults Kickboxing	12:00-1:00	CrossFit
3:30-4:00	Kids Karate Orientations		***
4:15-4:45	Dragons	4:00-5:00	CrossFit (Open Gym)
4:45-5:15/5:30	Juniors Basic / BBT Beg (Ages 7-9)	5:00-6:00	CrossFit
5:30-6:15	Juniors BBT Brown / Black	6:15-7:00	Juniors Basic / BBT Beg (Ages 10-12)
6:15-7:15	Adults Kenpo Basic / BBT	6:15-7:00	Juniors BBT Int / Adv
7:15-8:15	Adults Kenpo Black	7:05-8:05	Adults Kickboxing
8:15-9:15	Adults Hyper Fight Club	8:15-9:15	Adults Muay Thai Beg/Int/Adv

MAT #1 - Tuesday / Thursday		MAT #2 - Tuesday / Thursday	
	***	6:30-7:30AM	CrossFit
3:30-4:00	Karate Privates	8:00-9:00AM	CrossFit
4:00-4:45	Juniors BBT Brown / Black	12:00-1:00	CrossFit
4:45-5:30	Juniors BBT Int / Adv	4:00-5:00	CrossFit (Teens)
5:30-6:00	Dragons	5:00-6:00	CrossFit
6:00-6:30/6:45	Juniors Basic / BBT Beg (Ages 7-9)	6:00-6:45	Juniors Basic / BBT Beg (Ages 10-12)
6:30-7:00	Adults Karate Orientations	6:00-6:45	Juniors BBT Int / Adv
7:00-8:00	Adults Kenpo Basic / BBT	7:05-8:05	Adults Muay Thai Beg
8:15-9:15	Adults Kickboxing	8:15-9:15	Adults Muay Thai Int / Adv
	***	9:15-9:45	Privates Muay Thai

MAT #1 - Friday		MAT #2 - Friday	
9:30-10:30AM	Adults Kickboxing	6:30-7:30AM	CrossFit
		8:00-9:00AM	CrossFit
3:30-4:30	Staff Meeting	12:00-1:00	CrossFit
4:30-5:30	Demo Team	4:00-5:00	CrossFit (Open Mat)
5:30-6:30	Adults & Jrs Brown / Black	5:00-6:00	CrossFit
6:30-7:15PM	Adults & Jrs BBT Sparring		
7:15-8:15	Mr. Durgan Jr & Adult Black Belts		

MAT #1 - Saturday		MAT #2 - Saturday	
8:00-9:00AM	Gymnastics	7:30-8:30AM	CrossFit - Barbell Club
9:15-10:15AM	Adults Kickboxing	8:30-9:00AM	CrossFit - WOD
10:30-11:00AM	1 Day Karate (Dragons)	9:15-10:15AM	Adults Muay Thai Beg
11:00-11:30AM	1 Day Karate (Juniors)	10:30-11:30AM	Adults Muay Thai Int / Adv
11:30A-12:00P	Privates Karate	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		