

ALPHA MARTIAL ARTS - BRYANT - Winter 2016 Schedule

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

Effective January 4, 2016 *** 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	6:30-7:30AM	CrossFit
9:30-10:30AM	Adults Kickboxing	9:30-10:30AM	CrossFit
	***	12:00-1:00	CrossFit
3:45-4:15	Tigers (Ages 3-4)	5:00-6:00	CrossFit
4:15-4:45	Dragons (Ages 4-6)		***
4:45-5:15/5:30	Juniors Basic / BBT Beg (Ages 7-9)	6:10-6:55	Juniors Basic / BBT Beg (Ages 10-12)
5:30-6:00	Intros / Privates : Karate	6:10-6:55	Juniors BBT Int / Adv
5:30-6:15	Juniors BBT Brown / Black	7:05-8:05	Adults Kickboxing
6:15-7:15	Adults Kenpo Basic / BBT (Ages 13+)	8:15-9:15	Adults Muay Thai Beg/Int/Adv
7:15-8:15	Adults Kenpo Black	9:15-9:45	Privates Muay Thai

MAT #1 - Tuesday / Thursday		MAT #2 - Tuesday / Thursday	
9:30-10:30AM	Adults Muay Thai Beg	6:30-7:30AM	CrossFit
3:30-4:00	Intros / Privates : Karate	9:00-10:00AM	CrossFit
4:00-4:45	Juniors BBT Brown / Black	5:00-6:00	CrossFit
4:45-5:30	Juniors BBT Int / Adv		***
5:30-6:00	Dragons (ages 4-6)	6:10-6:55	Juniors Basic / BBT Beg (Ages 10-12)
6:00-6:30/6:45	Juniors Basic / BBT Beg (Ages 7-9)	6:10-6:55	Juniors BBT Int / Adv
7:00-8:00	Adults Kenpo Basic / BBT (Ages 13+)	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
3:15-4:15	Staff Meeting	9:30-10:30AM	CrossFit
4:30-5:00	Intros / Privates : Karate	12:00-1:00	CrossFit
5:00-5:30	Demo Team	5:00-6:00	CrossFit
5:30-6:00	Masters : Weapons		
6:00-6:45	Jrs & Adults Brown / Black		
6:45-7:30	Jrs & Adults BBT Sparring		
7:30-8:30	Masters: Mr. Durgan		

MAT #1 - Saturday		MAT #2 - Saturday	
	***	8:00-9:00AM	CrossFit
9:15-10:15AM	Adults Kickboxing	9:15-10:15AM	Adults Muay Thai Beg
10:30-11:00AM	Tigers & Dragons (Ages 3-6)	10:30-11:30AM	Adults Muay Thai Int / Adv
11:00-11:30AM	Juniors Basic (Ages 7-12)	11:30AM-12PM	Adults Muay Thai Sparring
11:30AM-12PM	Privates Karate	12:00-1:00	Privates Muay Thai (30 minutes)
12:30-2:00	Birthday Parties		
6:00-9:00	*PNO third Saturday of the month		
		MAT #2 - Sunday	
		8:00-9:00AM	CrossFit