

ALPHA MARTIAL ARTS - CAPITOL HILL - Spring 2016 Schedule

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

Effective March 1, 2016 - 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	
3:30-4:00	Tigers	3:45 - 4:15/4:30	Juniors Basic / BBT
4:00-4:30	Little Dragons	4:30-5:15	Juniors BBT Int / Adv
4:30-5:00/5:15	Juniors Basic / BBT Beg	4:30-5:15	Juniors Basic / BBT Beg (Ages 10+)
5:00 - 5:30	Intros/Privates - call for appt.	5:30-6:00	Little Dragons
5:30-6:15	Juniors BBT Int / Adv	6:00-6:30/6:45	Juniors Basic / BBT Beg
5:30-6:15	Juniors Basic / BBT Beg (Ages 10+)	6:30-7:00	Intros/Privates - call for appt.
6:15-7:00	Juniors BBT Brown / Black	7:15-8:15	Adults Fitness Kickboxing
7:15-8:10	Adults Kenpo Karate Basic / BBT	8:20-9:20	*Adults Int / Adv Kickboxing
8:15-9:15	Adults Fitness 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 drills, heavy bag/wavemaster drills, and conditioning. *Instructor permission required.