



CARMEL VALLEY SCHEDULE

WWW.CMAKICKS.COM



The Center for Martial Arts is proud to be celebrating its 15th year in Encinitas Est. 1993

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:00 White & Orange Belt Class 9:00 to 10:00
			Private Lessons Available Upon Request			10:15 Green, Blue & Red Belt Class 10:15 to 11:15
			Enrichment at: Ocean Air 12:35 to 1:35			11:30 ADULT TEEN 12 and Older 11:30 to 12:45
	Enrichment at: Sycamore Ridge 2:35 to 3:35	Enrichment at: Del Mar Hills 2:35 to 3:35	Enrichment at: Sage Canyon 12:35 to 1:35	Enrichment at: Carmel Del Mar 2:35 to 3:35	Enrichment at: Ashley Falls 12:35 to 1:35	
		Enrichment at: Del Mar Heights 2:35 to 3:35			Enrichment at: Torrey Hills 2:35 to 3:35	
4:15	Child Little Dragons 4 thru 10 4:15 to 5:15	White & Orange Belt Class 4:15 to 5:15	Child Little Dragons 4 thru 10 4:15 to 5:15	White & Orange Belt Class 4:15 to 5:15	SPARRING All White Belts w/Black Stripe & Above 4:15 to 5:15	
5:30	Mixed Level ALL AGES 5:30 to 6:30	Green, Blue & Red Belt Class 5:30 to 6:30	CHILD 6 thru 12 5:30 to 6:30	Green, Blue & Red Belt Class 5:30 to 6:30	BBClub Leadership Training 5:30 to 6:30	
6:45	ADULT TEEN 12 and Older 6:45 to 8:00	Blue, Red & Black Belt Class 6:45 to 8:00	ADULT TEEN 12 and Older 6:45 to 8:00	ADULT TEEN 12 and Older 6:45 to 8:00		

The Center for Martial Arts
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Effective: Sept. 1, 2010