

October 2011 Schedule

mon				4:30-5:15pm Kickboxing Corey	5:30-6:00pm Kickboxing SPRINT Donna				CLOSED Oct. 2nd & 3rd (Sun & Mon)
tues				4:45-5:30pm G.I. Jane Kickboxing Justin		6:00-6:45pm Ninpo Taijutsu Level 1 & 2			CLOSED Monday Oct. 31st Happy Halloween
wed				4:30-5:15pm Kickboxing Corey	5:30-6:00pm Kickboxing SPRINT Corey				
thurs				4:45-5:30pm Bounce & Burn Kickboxing Justin		6:00-6:45pm Ninpo Taijutsu Level 1 & 2			
fri				4:45-5:30pm Circuit Training STATIONS! Corey					
sat	9:30-10:30am Intermediate Kickboxing Josh	10:30-11:00am Kickboxing Lite (Beginners) Corey	11:15-Noon Ninpo Taijutsu Make-Up 2nd & 4th Week of month						
sun				4:30-5:00pm Kickboxing Lite (Beginners) Corey		5:00-5:45pm Kickboxing Corey			

START TODAY (Always open enrollment)

Hit the bag!
(House gloves & wraps available for first classes)

First Class is free. Come try it out!
(Drop-in, punchcard & memberships available)

Classes for all ages and fitness levels

Casual Attire: No one dresses fancy here!

Email: info@themartialartsadvantage.com

6105 Jackson Rd. A2MAA.com 734-996-9699

Effective 10/01/11 (subject to change)