

**ACADEMY OF  
INDONESIAN MARTIAL ARTS  
AWARENESS/WELLNESS/ SAFETY  
CLASS SCHEDULE**

**TAI CHI CHUAN: MONDAY 6:00 TO 7:00 PM**

**KIDS: MONDAY 5:00 – 5:45  
TUESDAY & THURSDAY 6:00 – 6:45 PM.  
SATURDAY 11:00 – 11:45 AM.**

**ADULTS TRADITIONAL MARTIAL ARTS:  
BLACK BELT: TUES. & THUR. 7:00 – 7:45 PM.  
ADVANCED TRAINING: TUES. & THUR. 8:00 – 9:00 PM**

**MIXED MARTIAL ARTS (MMA):  
SATURDAY 10:00 – 11:00 AM.**

**The standard policy of the ACADEMY OF INDONESIAN MARTIAL ARTS is for all students to commit to attending class two times per week. The martial arts are a long time study; for some it becomes a life long study, therefore it is better to come to class two times a week for the long term.**

**All beginners start with a forty five (45) minute class then as soon as they have gained some understanding of the INDONESIAN MARTIAL ARTS they will be invited into the hour long class.**

