


# FALL/ WINTER 2011 SCHEDULE

~REINFORCING FAMILY VALUES AND VIRTUES ONE CLASS AT A TIME~

## Stamford Martial Arts

WHERE OUR SCHOOL MOTTO IS "SKILLS FOR LIFE"

Visit [www.stamfordmartialarts.com](http://www.stamfordmartialarts.com) 379 Shippan Ave. Stamford Ct. 06902 203-327-3451

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00-11:00 all adult		10:00-11:00 all adult		9:00-9:30 kinder karate
					9:45-10:30 white-orange kids
4:30-5:15 junior white/yellow 5 & 6 year old	4:30-5:15 white belt kids	4:30-5:15 green belt kids	4:30-5:15 orange belt kids	4:30-5:15 all level kids exercise & fun class	10:45-11:30 green & red belt kids
5:30-6:15 green belt kids	5:30-6:15 orange belt kids	5:30-6:15 junior white/yellow 5 & 6 year old	5:30-6:15 white belt kids	5:30-6:15 family class	11:30-12:30 all level adult
6:30-7:15 all level adult	6:30-7:15 junior dan & red belt	6:30-7:30 advanced adult	6:30-7:15 junior dan & red belt	<i>For clinics and <u>PRIVATE</u> <u>LESSONS</u> please contact Master McGuinness</i>	<i>Birthday Party's</i>
7:30-8:15 TBA	7:30-8:15 all level adult	7:30-8:15 Cardio Blast TBA	7:30-8:15 all level adult		

FALL/ WINTER—BACK TO FULL UNIFORM!!