



WILLIAMS

MARTIAL ARTS & FITNESS

Where You Can Expect the Best

FACILITY HOURS: **Monday - Friday** 8:00 AM - 8:00 PM **Saturday** - 8:00 AM - 12:00 PM **Sunday**- Closed

Time	MON	TUE	WED	THUR	FRI	SAT	
6:00 - 6:50							
9:00 - 9:30 AM	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	BEG all ages	ADV all ages
9:30 - 9:50 AM	↓ W M A F	↓ W M A F	↓ W M A F	↓ W M A F	↓ W M A F		
10:00 - 10:30 AM							
10:30 - 10:50 AM							
11:00 - 11:50 AM							
12:00 Noon -							
12:30- 1:00 Pm	Pre-school and Kindergarten	Pre-school and Kindergarten	Pre-school and Kindergarten	Pre-school and Kindergarten	Pre-school and Kindergarten		
4:00 - 5:50 PM	BEG all ages	ADV all ages	BEG all ages	ADV all ages	BEG all ages	ADV all ages	
5:00 - 5:50 PM	BEG all ages	ADV all ages	BEG all ages	ADV all ages	BEG all ages	ADV all ages	
6:00 - 5:50 PM	BEG all ages	ADV all ages	BEG all ages	ADV all ages	BEG all ages	ADV all ages	
7:00 - 8:00 PM	BEG all ages	ADV all ages	BEG all ages	ADV all ages	BEG all ages	ADV all ages	

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<http://www.williamsmartialarts.com>



CLASS DESCRIPTION

KARATE- PRE-SCHOOL & KINDERGARTEN

This class gives your child the opportunity to participate in a class tailored specifically for their development stage in a smaller, age-specific group while still focusing on skills and fundamentals.

KARATE - Beginner

Children learn the basics of Karate, self-defense, listening skills, manners, body awareness and self-esteem all in a fun, structured environment.

KARATE - Advanced

Children learn advanced skills. Self-defense, listening skills, manners, body awareness and self-esteem reinforced to cultivate the best in your child!

KARATE - All Levels

Children learn and improve basics of Karate, self-defense, listening skills, manners, body awareness and self-esteem all within a fun and exciting curriculum geared toward pre-teens. Advanced students receive specialized instruction to improve their karate skills.

KARATE - Advanced Child/Adults - All levels

Improve your cardiovascular health, muscular coordination, agility, flexibility and confidence! This class is for the advanced children and those adults wishing to learn self-defense, physical training and mental discipline.

OPEN MAT -

Open for training, rental