

Turner Martial Arts Center

NEC Of Val Vista & Elliot (480) 813-9760

Effective Date: Monday 12-01-09

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dragon Beginner	4:00-4:30 (1)	4:45-5:15 (1)	4:30-5:00 (1)	5:45-6:15 (1)	5:00-5:30 (1)	9:30-10:00 (1)
Dragon Intermediate	4:30-5:00 (1)	5:15-5:45 (1)	5:00-5:30 (1)	4:45-5:15 (1)	4:30-5:00 (1)	9:30-10:00 (1)
Dragon Advanced	5:00-5:30 (1)	5:45-6:15 (1)	4:00-4:30 (1)	5:15-5:45 (1)	4:30-5:00 (1)	9:30-10:00 (1)
White	5:30-6:15 (1) Sparring	4:45-5:30 (2)	5:30-6:15 (1) Sparring	5:30-6:15 (2)	5:30-6:15 (1) Sparring	9:00-9:45 (2)
Gold	5:30-6:15 (1) Sparring	4:45-5:30 (2)	5:30-6:15 (1) Sparring	5:30-6:15 (2)	5:30-6:15 (1) Sparring	9:00-9:45 (2)
Orange	5:30-6:15 (1) Sparring	5:30-6:15 (2)	5:30-6:15 (1) Sparring	6:15-7:00 (1)	5:30-6:15 (1) Sparring	9:00-9:45 (2)
Green	5:30-6:15 (1) Sparring	6:15-7:00 (1)	5:30-6:15 (1) Sparring	4:45-5:30 (2)	5:30-6:15 (1) Sparring	9:45-10:30 (1)
Purple	5:30-6:15 (1) Sparring	6:15-7:00 (1)	5:30-6:15 (1) Sparring	4:45-5:30 (2)	5:30-6:15 (1) Sparring	9:45-10:30 (1)
Blue	5:30-6:15 (2) Thai Boxing	6:15-7:00 (2)	5:30-6:15 (2) Thai Boxing	6:15-7:00 (2)	5:30-6:15 (2) Thai Boxing	9:45-10:30 (2)
Red	5:30-6:15 (2) Thai Boxing	6:15-7:00 (2)	5:30-6:15 (2) Thai Boxing	6:15-7:00 (2)	5:30-6:15 (2) Thai Boxing	9:45-10:30 (2)
Brown	5:30-6:15 (2) Thai Boxing	6:15-7:00 (2)	5:30-6:15 (2) Thai Boxing	6:15-7:00 (2)	5:30-6:15 (2) Thai Boxing	9:45-10:30 (2)
Black	5:30-6:15 (2) Thai Boxing	6:15-7:00 (2)	5:30-6:15 (2) Thai Boxing	6:15-7:00 (2)	5:30-6:15 (2) Thai Boxing	9:45-10:30 (2)
BBC/MC Gold - Black	4:45-5:30 (2) Forms		4:45-5:30 (2) Combos		4:45-5:30 (2) Review	
BBC Weapons						10:30-11:30 (1&2)
Kids Thai Boxing	5:30-6:15 (2)		5:30-6:15 (2)		5:30-6:15 (2)	
Kids BJJ		4:00-4:45 (2)		4:00-4:45 (2)		11:30-12:15 (1)
BJJ	6:15-7:30 (2)	8:00-9:00 (1&2)	6:15-7:30 (2)	8:00-9:00 (1&2)	6:15-7:30 (2)	11:30-12:30 (2) Open Mat
Hapkido	6:15-7:00 (1)	6:15-7:00 (2)	6:15-7:00 (1)	6:15-7:00 (2)	6:15-7:00 (1)	11:30-12:30 (2) Open Mat
Thai Boxing	7:30-8:30 (1&2)	7:00-8:00 (1&2)	7:30-8:30 (1&2)	7:00-8:00 (1&2)	7:30-8:30 (1&2)	11:30-12:30 (2) Open Mat

Sparring Gear: Hands, Mouthpiece, Head, Foot, Shin, Groin cup
 Beginner Dragons: White - Orange
 Intermediate Dragons: Green - Purple
 Advanced Dragons: Blue - Red
 Thai Sparring Gear: Wraps, Gloves, Shin, Head, Mouthpiece
 Thai Boxing Gear: Wraps, Gloves & Shin
 Class for Junior Green: Gold
 Class for Junior Purple - Brown: Orange

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www.gilbertmma.com

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