

TM Martial Arts-Joliet

3101 Theodore St.
Joliet, IL 60435
Ph. 815-254-6141



Class Schedule as of January 7, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TMMA Ultimate Kick Boxing 5am-5:50am	TMMA Ultimate Strength Training 5am-5:50am	TMMA Ultimate Kick Boxing 5am-5:50am	TMMA Ultimate Strength Training 5am-5:50am	TMMA Ultimate Kick Boxing 5am-5:50am	
	TMMA Ultimate Kick Boxing 6am-6:50am	TMMA Ultimate Strength Training 6am-6:50am	TMMA Ultimate Kick Boxing 6am-6:50am	TMMA Ultimate Strength Training 6am-6:50am	TMMA Ultimate Kick Boxing 6am-6:50am	TMMA Ultimate Strength Training 7:15am-8:05am
	TMMA Ultimate Kick Boxing 9:15am-10:05am	TMMA Ultimate Strength Training 9:15am-10:05am	TMMA Ultimate Kick Boxing 9:15am-10:05am	TMMA Ultimate Strength Training 9:15am-10:05am	TMMA Ultimate Kick Boxing 9:15am-10:05am	TMMA Ultimate Strength Training 8:15am-9:05am
						Little Ninjas Prep Class 3- 4yrs 9:30-10:00am
						Kids 7-12yrs All Levels 10:10-10:55am
		Little Ninjas 4 1/2 -6 1/2 yrs 4:00pm-4:30pm	Super Ninjas 6 1/2 -7 1/2 yrs 4pm-4:30pm	Little Ninjas 4 1/2 -6 1/2 yrs 4:00pm-4:30pm	Super Ninjas 6 1/2 -7 1/2 yrs 4pm-4:30pm	Kids Sparring Class 11:00-11:45am
	Kids 7-12yrs Beginner 4:35pm-5:20pm	Kids 7-12yrs Beginner 4:35pm-5:20pm	Kids 7-12yrs Beginner 4:35pm-5:20pm	Kids 7 -12yrs Beginner 4:35pm-5:20pm	Kids 7-12yrs Beginner 4:35pm-5:20pm	Demo Team Practice 12noon-1pm
	Little Ninjas 4 1/2-6 1/2 yrs 5:30pm-6:00pm	Kids 7-12yrs Intermediate 5:30pm-6:20pm	Little Ninjas 4 1/2-6 1/2 yrs 5:30pm-6:00pm	Kids 7-12yrs Intermediate 5:30pm-6:20pm	Kids 7-12yrs Advanced 5:30pm-6:20pm	Adult/Teen TKD/CHKD 1:05pm-2pm
	Adult/Teen CHKD/TKD 6:10pm-7:00pm	Adult/Teen CHKD 6:30pm-7:20pm	*Tai Chi * 6:15pm-7:00pm	TKD Adult/Teen 6:30pm-7:20pm Sparring 2 nd Thursday	Adult/Teen CHKD 6:30pm-7:20pm	
	TMMA Ultimate Kick Boxing 7:15pm-8:05pm	TMMA Ultimate Strength Training 7:30pm-8:20pm	TMMA Ultimate Kick Boxing 7:15pm-8:05pm	TMMA Ultimate Strength Training 7:30pm-8:20pm	TMMA Ultimate Kick Boxing 7:30pm-8:20pm	
	TMMA JLFS American Kickboxing 8:10pm-8:55pm		TMMA JLFS American Kickboxing 8:10pm-8:55pm			Private and Semi-Private Lessons Available by Appointment

- Classes and class times are subject to change.
- You Must Be Registered for a Specific Class to Attend that Class.