

# Absolute Martial Arts

Schedule Effective at New School

MON	TUE	WED	THU	FRI	SAT
Afternoon Junior & Children Classes					Morning Class
3:30-4:15 Private Lessons by Appointment	3:30-4:15 Private Lessons by Appointment	3:30-4:15 Private Lessons by Appointment	3:30-4:15 Private Lessons by Appointment	3:30-4:15 Private Lessons by Appointment	
4:30-5:15 <b>Juniors</b> White - Beg. Yellow ages 4 to 7	4:30-5:15 <b>Juniors</b> Solid Yellow & Up ages 4 to 7	4:30-5:15 <b>Juniors</b> White - Beg. Yellow ages 4 to 7	4:30-5:15 <b>Juniors</b> Solid Yellow & Up ages 4 to 7	4:30-5:15 <b>Juniors</b> All Belts ages 4 to 7	9:15-10:00 <b>Juniors</b> All Belts ages 4 to 7
5:30-6:15 <b>Children</b> White - Yellow ages 8-12	5:30-6:15 <b>Children</b> Sparring All Ages Unlimited Members Only	5:30-6:15 <b>Children</b> White - Yellow ages 8-12	5:30-6:15 <b>Children</b> All Ages Unlimited Members Only	5:30-6:15 <b>Children</b> All Belts ages 8 to 12	10:15-11:00 <b>Children</b> All Belts ages 8 to 12
6:00-7:00 <b>Children</b> Martial Arts Gymnastics	6:15-7:00 <b>Children</b> Orange & Up ages 8-12	6:15-7:00 <b>Children</b> Advanced Belts ages 8-12	6:15-7:00 <b>Children</b> Orange & Up ages 8-12	6:15-7:00 <b>Children BJJ</b> Free Rolling & Techniques	11:00-12:00 <b>Children/Adults</b> <i>Demo Team</i> Invitation Only
		5:00-6:00 <b>Children BJJ</b> Classes Taught by Coach Mike			
<b>Evening Teen &amp; Adult</b>					
7:15-8:00 <b>Teens/Adults</b> Taekwondo All Belts ages 13 and Up	7:15-8:00 <b>Teens/Adults</b> Taekwondo All Belts ages 13 and Up	7:15-8:00 <b>Teens/Adults</b> Taekwondo All Belts ages 13 and Up	7:15-8:00 <b>Teens/Adults</b> Taekwondo Workout ages 13 and Up	Saturday <b>10:00-11:00 am</b> Brazilian Jiu Jitsu Open Mat Tiverton, RI	Sunday <b>10:00-11:00 am</b> Brazilian Jiu Jitsu Open Mat Tiverton, RI
8:00-9:00 <b>Teens/Adults</b> Brazilian Jiu Jitsu Fundamentals Taught by Danny Savery		8:00-9:00 <b>Teens/Adults</b> Brazilian Jiu Jitsu Fundamentals Taught by Danny Savery		Saturday <b>5:00-6:00 pm</b> MMA/Sparring BJJ Members Tiverton, RI	
<b>We Specialize with Children 4-12 Years Old</b>			<b>Full Taekwondo &amp; Brazilian Jiu Jitsu Programs</b>		
<b>No Contracts Year Round Open Enrollment</b>			<b>Birthday Parties Available Saturdays &amp; Sundays: 10am~6pm</b>		

Teaching Discipline in a Fun and Exciting Atmosphere

Absolute Skill. Absolute Confidence. Absolute Martial Arts!

14 Ventura Drive  
North Dartmouth, MA 02747  
Phone: (508) 858-5616  
Located right after Vanity Fair Outlet

Email:  
Absolutemartialartsma@gmail.com  
Website:  
www.absolutemartialartsma.com