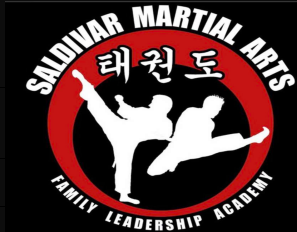




# SALDIVAR MARTIAL ARTS

## CLASS SCHEDULE



7860 Mainland Drive San Antonio, TX 78250

**(210) 682-KICK**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TKD Basic Program</b>	4-4:30 (Studio B)	4-4:30	4-4:30 (Studio B)	4-4:30	no class	
	6-6:30 PM Elite Weapons (Studio B)	4:30-5 PM Elite Weapons	6-6:30 PM Elite Sparring	4:30-5 PM Elite Sparring	no class	
	6:30-7 PM		6:30-7 PM		no class	
<b>TKD Intermediate Class</b>	4-5pm	6 -7 PM	4 - 5 PM	6 -7 PM	no class	
<b>TKD Advanced Class</b>	5:30-6:30 PM	6 -7 PM Studio B	7-8 PM	5-6 PM	5:30- 8PM BROWN 1/2	
<b>BLACK BELT</b>	no class	7-8 PM	no class	6-7 PM Studio B	no class	
<b>Elite TKD</b>	5-5:30 Weapons (Intermediate/Advanced)	5-6pm Conditioning (Intermediate/Advanced)	5-6:30 PM Sparring (Intermediate/Advanced)	no class	no class	
<b>KICKBOXING</b>	7-8 PM	no class	7-8 PM (Open Mat Studio B)	7 - 8PM	no class	
<b>BLACK EAGLE MMA</b>	7-8 PM(12 & under ) Studio B	no class	6-6:45 PM Teen & Adult conditioning Studio B	no class	5:30-6:30 (12 & under) 6:30- 8PM Teen and Adult	
<b>MEMBERS CLASSES</b>	no class	no class	no class	13 years + OPEN SPARRING 8-9pm	WOMEN'S SELF DEFENSE 5:30-6:30PM	MEN'S IRON CROSS TRAINING 12:30 - 3PM

SMA Fitness Center will be open Monday - Friday 5am- 8pm & Saturdays 8am - 3pm