

# *Four Winds Martial Arts*

## *Class Schedule*

### MONDAYS:

6:00pm – 7:00pm	White, Yellow, Orange Adults
6:00pm – 7:00pm	Kids
7:00pm – 8:00pm	Green & Above Adults
7:00pm – 8:00pm	Kickboxing
8:00pm – 9:00pm	Mixed Escrima

### TUESDAYS:

5:00pm – 6:00pm	Kids
6:00pm – 7:00pm	Beginner/Intermediate Escrima
7:00pm – 8:00pm	Advanced Escrima
6:10pm – 7:00pm	White, Yellow, Orange Adults
7:00pm – 8:00pm	Green & Above Adults
8:15pm – 9:15pm	Kickboxing

### WEDNESDAYS:

6:00pm – 7:00pm	Mixed Adults
6:00pm – 7:00pm	Kids
7:00pm – 8:00pm	Bagwork/Cardio Kickboxing
7:00pm – 8:00pm	Juniors
8:00pm – 9:00pm	Mixed Escrima

### THURSDAYS:

5:00pm – 6:00pm	Kids
6:00pm – 7:00pm	Beginner/Intermediate Escrima
7:00pm – 8:00pm	Intermediate/Advanced Escrima
6:10pm – 7:00pm	White, Yellow, Orange Adults
7:00pm – 8:00pm	Green & Above Adults
8:15pm – 9:15pm	Kickboxing

### FRIDAYS:

6:00pm – 7:00pm	Mixed Escrima
7:00pm – 8:00pm	Juniors

### SATURDAYS:

9:00am – 9:30am	Lil' Dragons
9:45am – 10:30am	Advanced Lil' Dragons
10:30am – 11:30am	Adults
11:30am – 12:30pm	Juniors
12:30pm – 1:30pm	Mixed Escrima

10633 W. Oklahoma Avenue – West Allis, WI 53227 – 414.541.3656

*Effective 12/05/05*