

CENTER FOR MARTIAL ARTS & FITNESS

2017 FALL CLASS SCHEDULE

EFFECTIVE TUESDAY, SEPTEMBER 5TH, 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-5:45 PM	CHILDREN'S CLASS BEGINNERS WHITE TO ORANGE	TOURNAMENT TRAINING CLASS BREAKING / SPARRING	CHILDREN'S CLASS BEGINNERS WHITE TO ORANGE	CHILDREN'S CLASS BEGINNERS WHITE TO ORANGE	CLOSED	OPEN CLASS 9:30-10:30 * <i>Karate Techniques</i> * <i>Kicking Drills</i> * <i>Fitness Challenge</i> * <i>Curriculum</i>
5:45-6:30 PM	CHILDREN ADVANCED GREEN TO BLACK	5:45-6:45 pm CHD ADAPTIVE MARTIAL ARTS CLASS	CHILDREN ADVANCED GREEN TO BLACK	CHILDREN ADVANCED GREEN TO BLACK		
6:30-7:15 PM	TEEN-ADULT ALL BELTS		TEEN-ADULT ALL BELTS	TEEN-ADULT ALL BELTS		

• EEC CERTIFIED BEFORE / AFTER SCHOOL & SUMMER PROGRAMS (WE TRANSPORT) • CHILD CARE VOUCHERS ACCEPTED!

***Homework Help *Snack *Taekwondo Classes *Sports and Athletics *Field Trips *Library *Structured Free Time**

We are a Year Round Child Care Provider! The After School Program is located at PE Bowe Elementary School

***Beginner Classes *Children, Teen & Adult Classes For All Ability Levels *Adaptive Classes**

***Tournament Training (Breaking, Sparring) *Weapons Classes *CPR & First Aid Training Available**

FOR APPOINTMENTS CALL (413) 594-9200 OR VISIT US ONLINE AT: CFMAF.NET

22 CENTER STREET – CHICOPEE, MA 01013

FAX: 413-594-9300 - EMAIL: TAEKWONKEN@AOL.COM

***LIKE US ON FACEBOOK FOR UP TO DATE INFO AND TONS OF PICS/VIDEOS**