



IN-STUDIO CLASSES
Effective January 29th, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	9:00-10:15 AM Adult Brazilian Jiu-Jitsu
4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Stripe Clinic	10:30-11:30 AM Kids Brazilian Jiu Jitsu
5:00-5:45 Level One, Two & <u>Four</u> Karate	5:00-5:45 Level One, Two & Three Karate	5:00-5:45 Level One, Two & Three Karate	5:00-5:45 Level One, Two & Three Karate	5:00-5:45 Level <u>Three</u> Karate	Afternoons & Evenings Birthday Parties & Special Events
5:45-6:15 Private Classes	5:45-6:15 Demo Team/ Private Classes	5:45-6:15 Private Classes	5:45-6:15 Demo Team/ Instructor Trng.	5:45-6:45 Special Events	
6:15-7:30 Brazilian Jiu-Jitsu, All Ages	6:15-7:15 Level Four & Adult Karate	6:15-7:30 Brazilian Jiu-Jitsu, All Ages	6:15-7:15 Level Four & Adult Karate		

www.centerpointmartialarts.com
 65 Gray Rd, Falmouth ME 04105 (207) 536 1363



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