

270 NW Peacock Blvd
 Port St. Lucie, FL 34986
(772) 475-3284

Website:
 www.sidekickma.com



Effective 10/22/2010

SIDEKICK Martial Arts

CLASS SCHEDULE

Minimum Classes to Test for each Rank per Cycle

White	10
Yellow	11
Orange	12
Green	13
Purple	14
Blue	15
Brown	16
Red	16+
Black	16++

Please bring your required Protective Gear to class everyday

Please strive to attend a minimum of 3 classes per week

If you're 10 minutes late for class,
DO NOT ENTER

£
 Extra Charge

Ages 12 years old & Under Juniors

	Mon	Tues	Wed	Thurs	Fri	Sat
Little Panthers (Ages 3-5)	9:45am to 10:15am		9:45am to 10:15am		9:45am to 10:15am	
Little Panthers (Ages 3-5)	4:00pm to 4:30pm		4:00pm to 4:30pm		4:00pm to 4:30pm	
Junior White	6:00pm to 6:30pm	4:30pm to 5:15pm GRAPPLING	4:30pm to 5:15pm	4:30pm to 5:00pm	5:15pm to 5:45pm	9:45am to 10:30am
Junior Yellow Belts	6:00pm to 6:30pm	4:30pm to 5:15pm GRAPPLING	4:30pm to 5:15pm	4:30pm to 5:00pm	5:45pm to 6:30pm	9:45am to 10:30am
Junior Orange Belts	5:15pm to 6:00pm	5:15pm to 6:00pm GRAPPLING	4:30pm to 5:15pm	5:00pm to 5:45pm	5:45pm to 6:30pm	9:45am to 10:30am
Junior Green Belts	4:30pm to 5:15pm	5:15pm to 6:00pm GRAPPLING	5:15pm to 6:00pm	5:00pm to 5:45pm	4:30pm to 5:15pm	10:30am to 11:15am
Junior Purple & Blue	4:30pm to 5:15pm	5:15pm to 6:00pm GRAPPLING	5:15pm to 6:00pm	5:45pm to 6:30pm	4:30pm to 5:15pm	10:30am to 11:15am
Junior Brown, Red & Black	6:30pm to 7:15pm	5:15pm to 6:00pm GRAPPLING	6:00pm to 6:45pm	5:45pm to 6:30pm	6:30pm to 7:00pm	10:30am to 11:15am

Ages 13 years old & Older Adults

	Mon	Tues	Wed	Thurs	Fri	Sat
Adult All Ranks Cardio Taekwondo	9:00am to 9:45am		9:00am to 9:45am		9:00am to 9:45am	9:00am to 9:45am
Adult All Ranks Cardio Taekwondo	7:15pm to 8:00pm	6:00pm to 6:45pm GRAPPLING	7:15pm to 8:00pm	6:30pm to 7:15pm	7:30pm to 8:15pm	9:00am to 9:45am

Special Classes

	Mon	Tues	Wed	Thurs	Fri	Sat
Weapons £		6:45pm-7:15pm (stick) 7:15pm-7:45pm (knife)				12:00pm to 12:45pm (Bo staff / Kama)
Board Breaking Class (Brown & Above Only)					7:00pm to 7:30pm	
Demo Team			6:45pm to 7:15pm			11:15am to 12:00pm
Shoot Do Ryu £		6:45pm to 7:45pm		7:15pm to 8:45pm		1:00pm to 4:00pm

Required Gear for All Belts: Must Bring Mouth-guards Everyday

Required Gear for All Orange Belts & Above: Must bring Red TA Sparring Gear Everyday