



# TAMCO Martial Arts Schedule

## Choose the Schedule that Fits Your Lifestyle

CHILDREN MARTIAL ARTS		
Monday	Wednesday	Saturday
6:00 to 6:45 p.m. (Ages 8 and under)	6:00 to 6:45 p.m. (Ages 8 and under)	10 a.m.
6:45 to 7:30 p.m. (Ages 9 to 12)	6:45 to 7:30 p.m. (Ages 9 to 12)	

ADULT MARTIAL ARTS		
Monday	Wednesday	Saturday
7:30 to 8:30	7:30 to 8:30	11 a.m. - 1 p.m.

ADULT KICKBOXING FITNESS
Thursday
7 a.m.

SPORTS KARATE TRAINING (All Ages)		
Tuesday	Thursday	Sunday
7:30 to 9:00 p.m.	7:30 to 9:00 p.m.	2:00 p.m. - 4:00 p.m.

BEGINNER'S MARTIAL ARTS (All Ages)
Tuesday
6:30 to 7:30 p.m.

SPECIAL CLASSES
Friday
To be announced

CHILDREN'S FIGHTING CLASS taught by champion instructor Ms. Theresa Thoulouis
Thursday
6:30 p.m. to 7:30 p.m.

ADULT FIGHT TRAINING (All ages)	
Tuesday	Thursday
7:35 to 8:45 p.m.	7:35 to 8:45 p.m.