

Sidekick **Martial Arts** Schedule

155 Route 17 South, Hasbrouck Heights, NJ. (201)-288-0220.

www.sidekick-ma.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Tiny Tigers (3 1/2 and up) 3:30- 4 pm		WE	Brazilian body shape (Ginastica Natural) 7:30-8:30am <i>Adults</i>
Children (6-8) 4- 4:45 pm	Juniors (9-11) 4 - 4:45 pm	Children (6-8) 4:15- 5pm	Juniors (9-11) 4- 4:45 pm	DO	Martial arts (Combat Fitness) 8:30-9:30am <i>Adults</i>
Juniors (9-11) 5- 5:45 pm	Children (6-8) 5 - 5:45 pm	Juniors (9-11) 5:15-6pm	Children (6-8) 5 - 5:45 pm	BIRTHDAY	Children and Juniors 10- 10:45am
Martial arts (Combat Fitness) 6-7 pm <i>Adults</i>	Kettlebells 6-7 pm <i>Adults</i>	Martial arts (Combat Fitness) 6:15-7:15pm <i>Adults</i>	Brazilian body shape (Ginastica Natural) 6-7pm <i>Adults</i>	PARTIES	We do birthday parties
Brazilian body shape (Ginastica Natural) 7:15-8:15 <i>Adults</i>	Martial arts (Combat Fitness) 7:15-8:15pm <i>Adults</i>	Kettlebells 7:30-8:30pm <i>Adults</i>	Martial arts (Combat Fitness) 7:15-8:15pm <i>Adults</i>	We do birthday parties	
		Punching Class 8:45-9:45 pm <i>Adults</i>			

