





MAGNAN MARTIAL ARTS
-school of self-defense-

"Leaders in Self-Defense and Personal Development"

Schedule of Classes

Time Slots	Monday "A" Day	Tuesday "A" Day	Wednesday "B" Day	Thursday "B" Day	Friday "C" Day	Saturday
9:00am-10:30am 10:00am-11:00am			Evolve.yoga All Levels 10:00-11:00 09/7-12/16		Evolve.yoga All Levels 10:00-11:00 09/7-12/16	Evolve.yoga 1½-hour class 9:00-10:30 09/03-12/17
11:00am-11:45am					Pilates.yoga All Levels 11:15-12:15 09/9-12/16	Little NINJAS BBC Sparring* 11:00-11:45
12:15pm-1:15pm						BOOT CAMP All Levels 08/20-12/17 12:15-1:15
4:00pm-5:00pm	Evolve.yoga All Levels 09/05-12/14	1pm-5pm Pre-Scheduled Private Sessions	Evolve.yoga All Levels 09/05-12/14	1pm-5pm Pre-Scheduled Private Sessions	 STRIPE SUPPORT 4:00PM-5:00PM	
5:30pm-6:00pm	Little NINJAS BBC	Little NINJAS BEG	Little NINJAS BBC	Little NINJAS BEG	Juniors MMA Kenpo BBC Sparring 5:00pm-5:50pm	HAVE YOUR NINJA BIRTHDAY PARTY HERE!!! A real occasion filled with Kodak moments! Enjoy as your child has his or her special day with us!!! Each 2-hour party includes an exciting karate lesson developing teamwork through games and drills! T-shirts and balloons, gift certificates for all kids, a photo package, and a personalized t-shirt for the birthday child! Contact Mrs. Magnan.
6:15pm-7:05pm	Juniors MMA Kenpo - BEG	Juniors MMA Kenpo- BBC	Juniors MMA Kenpo - BEG	Juniors MMA Kenpo - BBC	Adult MMA Kenpo BBC Sparring 6:00pm-6:50pm	
7:25pm-8:15pm	Adult MMA Kenpo BEG/BBC	BOOT CAMP All Levels 08/16-12/13 7:15-8:15	Adult MMA Kenpo BEG/BBC	BOOT CAMP All Levels 08/18-12/15 7:15-8:15	MUAY THAI KICKBOXING Sparring 7:00pm-7:50pm	
8:40pm-9:30pm		MUAY THAI KICKBOXING BEG/BBC		MUAY THAI KICKBOXING BEG/BBC		
12039 SW 132nd Avenue, Unit 22 (305) 971-3668 Enroll Online: www.MMAKendall.com						

Privates with Instructor, Evaluations, Stripe Support, and Trial Classes need to be scheduled in advance so we may dedicate time to each person. Yoga Series are open to Students who register in advance. Saturday Yoga is on alternating weeks. Always check schedule by calling in advance.

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Special Program Descriptions

Evolve.yoga, 1-hour class

This class is for All Levels and is suited for the busy individual looking to get some "me time" into his or her schedule. This class will offer the Mind-Body-Spirit connection, which is the definition of Yoga, through stretching, strengthening, pranayama (breathing exercises), and asanas (yoga poses) that bring the body into proper alignment and promote improved posture. The class is topped off with a guided meditation in savasana (final relaxation pose). Morning and late afternoon classes available. Mondays, Wednesdays, Fridays.

Evolve.yoga, 1.5-hour class

This class is for All Levels and is offered every other Saturday. This class will offer a deeper Mind-Body-Spirit connection by dedicating more time to both the physical part of the practice as well as an extended savasana at the end. It offers everything the 1-hour class offers with more time for adjustments, use of props, and exploration of asanas. Saturdays.

Pilates.yoga, 1-hour class

This class is for individuals looking for a pilates class that works the abdominals and core of the body while maintaining a holistic approach to fitness. A complete body workout that includes stretching, strengthening, pranayama (breathing exercises), and asana components that focus on exercises that work from the core of the body. The class is topped off with a guided meditation in savasana (final relaxation pose). Fridays

BOOT CAMP, 1-hour class

All Levels are encouraged to join our Indoor Boot Camp by BodyComplete, with the philosophy that the only thing worse than feeling out of shape is not doing anything about it. So come, do what you can, and begin to see results immediately. No matter your fitness level, JC Gonzalez will tailor your work-out so that you can get in your best shape ever in just 5 weeks. Beat the heat, burn calories, and build lean, sexy muscle. Morning and evening classes available. Tuesdays, Thursdays, Saturdays.

Friday Fun Days, Drop Off 8am | Pick Up 4pm

During the 2011-2012 School Year, on Teacher Planning Days, ages 6-12 are invited to attend Friday Fun Days! Activities include: Karate, Indoor & Outdoor Games, Movie Time, Art & Music Time and More! Just bring your own lunch!!! Pre-Registration is Required.

Karate Birthday Parties, Reserved on Weekends

A real occasion filled with Kodak moments! Enjoy as your child has his or her special day with us!! Each 2.5-hour party includes an exciting karate lesson developing teamwork through games and drills! T-shirts and balloons, gift certificates for all kids, a photo package, and a personalized t-shirt for the birthday child!

Healing Waters massage Therapy, Pre-Scheduled with Studio

The MMA Studio now provides a satellite location for Healing Waters Massage during off-peak hours. Pick up a brochure at the studio on all of the therapeutic services Healing Waters offers. A relaxing atmosphere is set and you will be treated with professional, effective service that you cannot find anywhere else, other than at a spa. Your spa close to home and convenient to your schedule—Healing Waters at the MMA Studio.

Private Sessions, Pre-Scheduled with Studio

Private Sessions with Sifu Alfred Magnan can be scheduled as a regular program for more personalized attention or as a one-time appointment to sharpen your skills. Free introductory 20-minute sessions are also available for those looking to start training at the MMA Studio.



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