



Class Schedule

Unity Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:30 am						Black Belt	
9:45 - 10:30 am	Family Class		Family Class				
10:05 - 11:00 am						Family Class	
11:05 - 11:35 am						Demo Team	
4:45 - 5:35 pm	Children's Class	Children's Class	Children's Class	Children's Class			
5:45 - 6:25 pm	Black Belt		Black Belt		Alt Demo Practice		
6:30 - 7:20 pm	Family Class	Adult Class	Family Class	Adult Class	Sparring 1st & 3rd Friday of the month		
7:30 - 8:20 pm	Family Class	Family Class	Family Class	Family Class			
Honor Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:00 am						Mini Moosa All Belts	
10:30 - 11:00 am							
11 - 11:30 am							
5:00 - 5:30 pm	Intro	Mini Moosa Beginner	Intro	Mini Moosa Beginner			
5:30 - 6:00 pm	Team Practice	Mini Moosa Advanced	Team Practice	Mini Moosa Advanced			
6:00 - 6:30 pm	Team Practice	Intro	Team Practice	Intro			
INTEGRITY MARTIAL ARTS • 303.828.9853 • www.integritymaa.com							