



DeStolfo's Premier Martial Arts Class Schedule



*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninjas (3&4)	4:15 PM	6:00 PM	4:15 PM	6:00 PM	4:00 PM	9:00 AM
Young Dragons & Little Ninjas (5-7)LN must be 5 years of age	4:15 PM	6:00 PM	4:15 PM	6:00 PM	4:00 PM	9:30 AM
Youth Basic and Int. BBC Training 8-13	6:15 PM	4:30 PM	6:15 PM	4:30 PM	4:45 PM	10 AM
Youth Advance BBC Training	5:30 PM	5:15 PM	5:30 PM	5:15 PM	5:30 PM	10:45 AM
Jr. Black Belts	5:30 PM	5:15 PM	5:30 PM	5:15 PM	5:30 PM	10:45 AM
Teens/Adults Int. and Adv. level	11:00 AM 7:10 PM	7:30 PM (All Levels) Teen & Adult	11:00 AM 7:10 PM	8:00 pm (All Levels) Teen & Adult	12:00 PM	12:15 PM (All Levels) Teen & Adult
Beg. Level	8:15 PM		8:15 PM			
Teens only	4:45 PM		4:45 PM			
Leadership						11:30 AM
Krav Maga		7:30 PM		8:00 PM		
MMA			8:00 PM			
Cage Fitness		6:45 pm		7:15 pm		
Kickboxing	7:00 pm			7:00 pm		10:00 AM (Sun.)
Yoga		9:45 am				
Birthday Parties						2:30 pm 4:30 pm
Birthday Parties						11 am Sunday

Call 610 834-8533
For more information