



MID-SHORE MARTIAL ARTS

SCHEDULE OF CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-9:45am Cage Fitness	9:00am-9:45am Cage Fitness	9:00am-9:45am Cage Fitness	9:00am-9:45am Cage Fitness	9:00am-9:45am Cage Fitness	8:30am-9:30am Women-Only Gi BJJ
4:15pm-4:45pm Lil Dragons	2:45pm-3:30pm Home School Karate	4:15pm-4:45pm Lil Dragons	2:45pm-3:30pm Home School Karate	4:50pm-5:35pm Kids Karate All Levels	9:45am-11:00am Tae Kwon Do
4:50pm-5:35pm Kids Karate Beginners	4:15pm-5:00pm Kids Karate All Levels	5:00pm-5:45pm Littles NoGi BJJ	4:15pm-5:00pm Kids Karate All Levels	5:00pm-5:45pm Littles NoGi BJJ	9:45am-10:15am Lil Dragons
5:40pm-6:25pm Kids Karate Advanced	5:05pm-5:35pm Lil Dragons	5:50pm-6:35pm Kids Karate Beginners	5:05pm-5:35pm Lil Dragons	6:00pm-7:30pm BJJ Comp Team	10:20am-11:05am Kids Karate All Levels
6:30pm-7:15pm BBC	5:40pm-6:25pm Kids Karate All Levels	6:00pm-7:00pm Kids Gi BJJ	5:40pm-6:25pm Kids Karate All Levels		11:10am-12:10pm Kids Gi BJJ
6:30pm-7:45pm Adult Gi BJJ	6:30pm-7:30pm Kids NoGi BJJ	6:40pm-7:25pm Kids Karate Advanced	6:30pm-7:30pm Kids NoGi BJJ		11:30am-12:30pm Yoga (\$10 drop-in)
7:30pm-8:30pm Adult Karate	6:30pm-7:30pm Women-Only NoGi BJJ	7:00pm-8:15pm Adult Gi BJJ	6:30pm-7:30pm Women-Only Self Defense		
	7:30pm-8:45pm Adult NoGi BJJ	7:30pm-8:30pm Adult Karate	7:30pm-8:45pm Adult NoGi BJJ		

Email: info@MidshoreMartialArts.com
 29000 Information Lane Unit #105
 Easton, MD 21601
 443.205.1230