



# S.I.M.S. Martial Arts Academy 2010

**Class Schedule Effective 07/26/2010 - Bellevue**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Afternoon Classes</b> <b>Lunch Time Kickboxing</b> <b>11:30am - 12:30pm</b>	<b>Afternoon Classes</b> <b>Lunch Time Jiu-Jitsu</b> <b>11:30am - 12:30pm</b>	<b>Afternoon Classes</b> <b>Lunch Time Kickboxing</b> <b>11:30am - 12:30pm</b>	<b>Afternoon Classes</b> <b>Lunch Time Jiu-Jitsu</b> <b>11:30am - 12:30pm</b>		
<b>5:00pm - 5:30pm</b> <b>Tiny Tigers</b>		<b>5:00pm - 5:30pm</b> <b>Tiny Tigers</b>			<b>11am - 1pm</b> <b>Open Mat</b>
<b>5:45pm - 6:30pm</b> <b>SIMS Kids</b> <b>Ages 6 - 12 years</b>	<b>6:30pm - 7:30pm</b> <b>Womens Kickboxing</b> <b>and Fitness</b>	<b>5:45pm - 6:30pm</b> <b>SIMS Kids</b> <b>Ages 6 - 12 years</b>	<b>6:30pm - 7:30pm</b> <b>Womens Kickboxing</b> <b>and Fitness</b>	<b>6:00 - 7:00</b> <b>Jiu-Jitsu Fundamentals</b>	<i>Private Training with</i> <i>David Borron</i> <i>By Appointment Only</i>
<b>6:30pm - 7:15pm</b> <b>Kickboxing</b>	<b>7:30pm - 8:30pm</b> <b>Kickboxing</b>	<b>6:30pm - 7:15pm</b> <b>Kickboxing</b>	<b>7:30pm - 8:30pm</b> <b>Kickboxing</b>		
<b>7:15pm - 8:00pm</b> <b>S.I.M.S. II</b> <b>ages 13+</b>	<b>8:30 - 10pm</b> <b>10th Planet Jiu-Jitsu</b>	<b>7:15pm - 8:00pm</b> <b>S.I.M.S. II</b> <b>ages 13+</b>	<b>8:30 - 10pm</b> <b>10th Planet Jiu-Jitsu</b> <b>Wrestling</b>		
<b>8:00pm -9:30pm</b> <b>10th Planet JiuJitsu</b>		<b>8:00pm -9:30pm</b> <b>10th Planet JiuJitsu</b>			

[www.simsdojo.com](http://www.simsdojo.com) For More Class Info

