



# S.I.M.S. Martial Arts Academy 2011

**Class Schedule Effective 03/14/2011 - Bellevue**

106 E. Mission Ave

Bellevue NE 68005

PH: 402-812-5153

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch Time Kickboxing 11:30am - 12:30pm	Lunch Time Jiu-Jitsu 11:30am - 12:30pm	Lunch Time Kickboxing 11:30am - 12:30pm	Lunch Time Jiu-Jitsu 11:30am - 12:30pm		
5:00pm - 5:30pm <i>Tiny Tigers</i>	5:30pm - 6:15pm Youth Wrestling Takedowns/Jiu-Jitsu	5:00pm - 5:30pm <i>Tiny Tigers</i>	5:30pm - 6:15pm Youth Wrestling Takedowns/Jiu-Jitsu	Private Training <i>Available By Appointment</i>	11am - Noon <b>SIMS Kids (Jiu-Jitsu)</b> <i>Ages 6 - 12 years</i>
5:45pm - 6:30pm <b>SIMS Kids (Jiu-Jitsu)</b> <i>Ages 6 - 12 years</i>		5:45pm - 6:30pm <b>SIMS Kids (Jiu-Jitsu)</b> <i>Ages 6 - 12 years</i>			Noon - 1:00pm <b>10th Planet Jiu-Jitsu Basics</b>
6:30pm - 7:15pm <b>SIMS II</b> <i>Weapons/Self-Defense</i>	6:30 - 7:30pm <b>Jiu-Jitsu Basics</b>	6:30pm - 7:15pm <b>SIMS II</b> <i>Weapons/Self-Defense</i>	6:30 - 7:15pm <b>Kickboxing</b>	Last Fri of Every Month <b>5:30 - 6:30pm</b> <b>SIMS Kids</b> <b>Belt Testing</b>	1pm - 2pm <b>Open Mat</b>
7:15pm - 8:00pm <b>Kickboxing</b>	7:30m - 9:00pm 10th Planet Jiu-Jitsu Advanced	7:15pm - 8:00pm <b>Kickboxing</b>	7:30pm - 9:00pm 10th Planet Jiu-Jitsu Advanced	<b>6:30pm - 7:30pm</b> <b>SIMS II Belt Testing</b>	
<b>10th Planet Jiu-Jitsu</b> <b>8:00pm - 9:30pm</b> All Levels		<b>10th Planet Jiu-Jitsu</b> <b>8:00pm - 9:30pm</b> All Levels			

Advanced 10th Planet Classes Require Students to have 24 Regular Class Attendance Card Filled  
Or be a BJJ or 10th Planet Blue Belt

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

