



# S.I.M.S. Martial Arts Academy 2008

**Class Schedule Effective 05/12/2008**

Monday	Tuesday	Wednesday	Thursday	Friday
11:30-12:30pm Afternoon Kickboxing		11:30-12:30pm Afternoon Kickboxing		11:30-12:30pm Afternoon Kickboxing
5:00pm - 5:30pm <i>Tiny Tigers</i>	4:00pm - 6:00pm <i>Private Training Appointment Only</i>	5:00pm - 5:30pm <i>Tiny Tigers</i>	4:00pm - 6:00pm <i>Private Training Appointment Only</i>	5:30 - 6:30 pm <i>S.I.M.S. Competition Team</i>
5:30pm - 6:15pm S.I.M.S. I <i>Ages 6 - 8 years</i>	6:30pm - 7:30pm Womens Kickboxing and Fitness	5:30pm - 6:15pm S.I.M.S. I <i>Ages 6 - 8 years</i>	6:30pm - 7:30pm Womens Kickboxing and Fitness	6:30pm - 7:15pm Black Belt Club Class
6:15pm - 7:00pm S.I.M.S. I <i>AGES 8 - 12 years old</i>	7:30pm - 8:30pm JiuJitsu/Grappling <i>Drilling/Sparring</i>	6:15pm - 7:00pm S.I.M.S. I <i>AGES 8 - 12 years old</i>	7:30pm - 8:30pm JiuJitsu/Grappling <i>Drilling/Sparring</i>	
7:00pm - 8:00pm S.I.M.S. II ages 13+	8:30 - 9:30pm Mens Kickboxing MMA	7:00pm - 8:00pm S.I.M.S. II ages 13+	8:30 - 9:30pm Mens Kickboxing MMA	
8:00pm -9:00pm JiuJitsu/Grappling Technique - Ages 13+		8:00pm -9:00pm JiuJitsu/Grappling Technique - Ages 13+		

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

**B**

<b>Saturday</b>
<b>Noon - 1:00pm Open Mat</b>