





Ancient Ways Martial Arts Academy

Class Schedule

Monday ("A" Day)	Tuesday ("A" Day)	Wednesday ("B" Day)	Thursday ("B" Day)	Friday ("C" Day)	Saturday ("C" Day)
	11:00AM – Noon Adult Only, Any Rank		11:00AM – Noon Adult Only, Any Rank		8:30-9:30AM Kenpo 8:30-9:30AM Forms Class
4-4:45PM After-school Class	4-4:45PM After-school Class - Four Winds	4-4:45PM After-school Class	4-4:45PM After-school Class -Weapons	4-4:45PM After-school Class	9:00-9:30AM Wolf Cubs
5:15-6PM Beginner Class	5:15-5:45PM Wee Warriors	5:15-6PM Basic Students	5:15-5:45PM Wee Warriors	5:15-6PM All Rank-Catch-up Class	9:30-10:30AM All Rank-Catch-up Class
6-6:45PM Intermediate Class	5:45-6:30PM Advanced	6-6:45PM Wolf Pack Class	6PM - 6:30PM Guardian Class	6-6:30PM WP-Four Winds/Weapons	10:30-11AM WP-Sparring/Ground
6:45-7:30PM Advanced	6:45-7:30PM Black Belt	6:30-7:15PM Beginner Class	6:45-7:15PM Guardian Class	6:30-7PM Wolf Pack-Sparring/Ground	11-11:30AM WP-Four Winds/Weapons
7:30-8:30PM Adult Class, Any Rank	7:15-8PM Intermediate Class	7:30-8:30PM Adult Class, Any Rank	7:15-8PM Wolf Pack Class	Special Events	11:30-12:15PM Guardians-Sword Class
 8:30-10PM ATT MMA Class	8-9PM Adult Class, Any Rank	 8:30-10PM ATT MMA Class	8-9PM Adult Class, Any Rank		Special Events
	9-9:45PM American Kenpo		9-9:45PM American Kenpo		Birthday Parties

The Class Schedule is a **guideline only**, if you wish to come at a different time then just let Taoiseach Brown know and he will make allowances to match **your** schedule.

"A" Days – Class times are based on your Belt Level. Curriculum consists of Forms, Target Practice and Defensive Techniques.

Beginners-White, Yellow and Orange Belts

Intermediates-Green – Blue Belts

Advanced-Blue Senior and Up

"B" Days – Classes are based on your Enrollment Program. Curriculum consists of drills for Basic Students and Elective Training for Wolf Pack students and up.

"C" Days – Specialty Days. All our specialty classes are offered here. Sparring, weapons and Four Winds Classes, you must have participated in the class before to insure you are warmed up.

Adult Classes are for those students age 13 and up. All Belt Ranks are allowed in these classes.

American Kenpo is a separate program offered for a slight additional charge. Get a Kenpo Black Belt while you get your Ancient Ways Black Belt.

WP-Four Winds/Weapons is advanced training for our Wolf Pack Members in martial gymnastics and basic weapons.

Guardian Class is for our most advanced students as they train to become Leaders, Instructors and Masters.

Any Questions, Please call (941) 756-0800