

## PRIMETIME MARTIAL ARTS & FITNESS 6179 & 6175-B SANTA TERESA BLVD. SAN JOSE, CA 95123 CALL/TEXT 408.837.2011 EMAIL: <u>INFO@ASGPRIMETIME.COM</u>



Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio A (6179)	Private & Intro Lessons Available		Private & Intro Lessons Available		PRIVATE & INTRO LESSONS AVAILABLE
Private & Intro Lessons Available	KICKIN CUBS 4:00PM-4:30PM	Private & Intro Lessons Available	ADAPTIVE ARTS 4:00PM-1:15PM	Private & Intro Lessons Available	KICKIN CUBS 10:00AM-10:30AM
KICKIN CUBS 4:15PM-4:45PM	BEGINNERS 4:30PM-5:15PM	KICKIN CUBS 4:15PM-4:45PM	BEGINNERS 4:30PM-5:15PM	KICKIN CUBS 4:30PM-5:00PM	BIG TIGERS 10:30AM-11:00AM
BIG TIGERS 4:45PM-5:15PM	BIG TIGERS 5:15PM- 5:45PM	BIG TIGERS 4:45PM-5:15PM	BIG TIGERS 5:15PM- 5:45PM	BEGINNERS 5:00PM-5:45PM	WHITE TO GREEN 11:00AM-11:45AM
BEGINNERS 5:15PM-6:00PM	ADVANCE & BBP 5:45PM- 6:30PM	BEGINNERS 5:15PM-6:00PM	ADVANCE & BBP 5:45PM- 6:30PM	EBC 5:45PM-6:30PM	PURPLE- BLACK 11:45PM-12:30PM
INTERMEDIATE 6:00PM-6:45PM	INTERMEDIATE 6:30PM-7:15PM	INTERMEDIATE 6:00PM-6:45PM	INTERMEDIATE 6:30PM-7:15PM	BIG TIGERS 6:30PM- 7:00PM	ASSISTANT CLASS 2ND & 4TH SAT. (Green Belt and Up) 12:30PM- 1:15PM
ADVANCE & BBP 6:45PM- 7:30PM	BLACKBELT CLASS 7:15PM- 8:00PM	ADVANCE & BBP 6:45PM- 7:30PM	BLACKBELT CLASS 7:15PM- 8:00PM	FIGHT NIGHT 1st & 3rd Fri. 7pm-8pm	Private & Intro Lessons Available
BJJ 7:30PM-8:30PM 13+ ONLY	BJJ 8:15PM-9:15PM 13+ ONLY	BJJ 7:30PM-8:30PM 13+ ONLY	BB Performance Team 8:00PM- 9:00pm		

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio B (6175B)	BODY BLITZ 6:00 AM- 6:30 AM	STRENGTH CIRCUIT 11:30AM-12:15PM	BODY BLITZ 6:00 AM- 6:30 AM		
STRENGTH CIRCUIT 11:30AM-12:15PM		Primetime Fndmntl (invite only) 5:00pm- 5:30pm	PRIMETIME FNDMNTL (INVITE ONLY) 4:00PM- 4:30PM		BODY BLITZ 9:00AM-9:30AM
PRIVATE & INTRO LESSONS AVAILABLE		Private & Intro Lessons Available	Private & Intro Lessons Available	Private & Intro Lessons Available	STRENGTH CIRCUIT 9:30AM-10:15AM
BATTLE READY 6:00PM-6:45PM	STRENGTH CIRCUIT 6:00PM-6:45PM	BATTLE READY 6:00PM-6:45PM	STRENGTH CIRCUIT 6:00PM-6:45PM	STRENGTH CIRCUIT 5:00PM-5:45PM	FIGHTER FITNESS 10:15AM- 11:00AM
STRENGTH CIRCUIT 6:45PM-7:30PM	FIGHTER FITNESS 6:45PM-7:30PM	STRENGTH CIRCUIT 6:45PM-7:30PM	FIGHTER FITNESS 6:45PM-7:30PM	MOVEMENT MATTERS 6:00PM-6:25PM	ADAPTIVE ARTS 12:30PM-1:15PM
BLACKBELT CLASS 7:15-8:00PM		BLACKBELT CLASS 7:15-8:00PM		Private & Intro Lessons Available	Private & Intro Lessons Available

POTENTIAL STUDENT NAME(S):	NOTES:
CLASS ATTENDING:	
DAY, DATE, TIME:	

We are excited to welcome you to the PRIMETIME Family!