

FBCW Martial Arts Ministry

Schedule of Classes

Wellness & Recreation Department Phone #: 678-494-2924

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Ninja's Ages 4-6				TBA		
Kali Weapons Class				7:00-8:30 First Thursday/Month		
Modern Defense All Ranks Ages 7 & up*		6:00-7:00		6:00-7:00		
MMA/ Grappling Ages 10 & up		7:00-8:00 Grappling		7:00-8:30 MMA		
Kenpo Karate Ages 10 & Up; Ages 7-10 w/adult				7:00-8:00		
Kenpo Karate Instuctors				8:00-9:00		
Modern Defense Junior Advance Blue & Above				See instructor for class schedule		
Jiu-Jitsu						TBA

All times are PM unless otherwise noted.

- ☺ Please bring your children no more than 15 minutes early, and pick them up promptly after class.
- ☺ * Safety Equipment is required in these classes.
- ☺ Please arrive on time and in proper uniform.

All classes for ages 7-adult unless otherwise noted.

Kenpo classes meet in the Basement of B Building; Modern Defense, MMA, and Grappling classes meet in Room B110.