

Morris Mixed Martial Arts

1745 Route, 10 East Morris Plains, NJ 07950 www.morrismixedmartialarts.com Effective Jan 1, 2019

	MON	TUE	WED	THU	FRI	SAT	<p align="center">MMMA BIRTHDAY PARTY (Saturday) 2:30-4:00PM "BOOK YOUR SPECIAL BIRTHDAY PARTY" Special Private Lesson Available!! For more info, Please ask one of our Masters. Thank you!</p>
3:45~ 4:15PM	Little Tiger Class	Little Tiger Class	Little Tiger Class	Little Tiger Class			
4:15 ~ 5:00PM	WHITE YELLOW	BLUE PURPLE	WHITE YELLOW	BLUE PURPLE Sparring	ORANGE GREEN	LITTLE TIGER 3 - 4 Years 9:30~10:00 AM	
5:00~ 5:45PM	ORANGE GREEN	RED BROWN	ORANGE GREEN Sparring	RED BROWN Sparring	WHITE YELLOW	WHITE 10:00 ~10:45	
5:45 ~ 6:30PM	BROWN HIGH BROWN	HIGH BROWN BODAN	BROWN HIGH BROWN Sparring	HIGH BROWN BODAN Sparring	BLUE PURPLE RED	YELLOW ORANGE 10:45 ~ 11:30	
6:30~ 7:15PM	BODAN	WHITE YELLOW	BODAN SPARRING	WHITE YELLOW	High Brown BODAN Black Belt Preparation Class 6:30- 7:30 PM	GREEN BLUE 11:30-12:15PM	
7:15 ~ 8:00PM	BLUE PURPLE RED BROWN	YELLOW ORANGE GREEN	BLUE PURPLE RED BODAN SPARRING	YELLOW ORANGE GREEN SPARRING	ONLY Black Belt Intensive Class 7:30-8:30PM	PURPLE RED 12:15~ 1:00 PM	
8:00 ~ 8:50PM	TEENS & BLACK BELTS	ALL BELT CLASS	TEENS & BLACK BELTS Sparring	ALL BELT CLASS		BROWN HIGH BROWN BODAN FAMLIY CLASS 1:00-1:45 pm	

Note:

- *Students should arrive 10 minutes before classes.
- *Students are not permitted in class without their attendance card.
- *All who enter should bow to the flags and the Master to show

Sparring:

- *Students must be yellow Belt or above to attend sparring classes.
- *Students must have sparring equipment to spar.
- *No head contact is allowed in sparring.