

# Morris Mixed Martial Arts

1745 Route, 10 East Morris Plains, NJ 07950 [www.morrismixedmartialarts.com](http://www.morrismixedmartialarts.com) Effective Sept 1, 2019

	MON	TUE	WED	THU	FRI	SAT	<p align="center"><b>MMMA BIRTHDAY PARTY</b> (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 Class 9:30~10:00 AM	
5:00~ 5:45PM	ORANGE GREEN	RED BROWN	ORANGE GREEN Sparring	RED BROWN Sparring	WHITE YELLOW	WHITE YELLOW 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	ORANGE GREEN 10:45 ~ 11:30	
6:30~ 7:15PM	BODAN 1 <sup>st</sup> Dan	WHITE YELLOW	BODAN 1 <sup>st</sup> Dan Sparring	WHITE YELLOW	BODAN Black Belt Preparation Class 6:30- 7:30 PM Start Sept 13, 2019	BLUE PURPLE 11:30-12:15PM	
7:15 ~ 8:00PM	PURPLE RED BROWN H-BROWN	ORANGE GREEN BLUE	BLUE /PURPLE RED BROWN H-BROWN Sparring	ORANGE GREEN BLUE Sparring	ONLY Black Belt Intensive Class 7:30-8:30PM Start Sept 13, 2018	RED BROWN 12:15~ 1:00 PM	
8:00 ~ 8:50PM	TEENS & BLACK BELTS	ALL BELT FAMLILY CLASS	TEENS & BLACK BELTS <i>Sparring</i>	ALL BELT FAMLILY CLASS SPARRING		BROWN HIGH BROWN BODAN FAMLILY 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.