

Morris Mixed Martial Arts - Class Schedule (Effective July 1, 2022)

www.morrismixedmartialarts.com (973) 605-5800

Quitters Never win, Winners never Quit! I am Not a Quitter; I am a Winner.

	MON	TUE	WED	THU	FRI	SAT	
					Adult All belt Class 3:00-3:40 pm		-
4:30 ~ 5:10 pm	Blue Purple	White Yellow	Blue/Purple Sparring Class	White Belt Yellow Belt	White Yellow Class	Little Tiger White/Yellow 9:30 -10:10AM	
5:15 ~ 5:55 PM	Red Brown	Orange	Red Brown Sparring Class	Orange Sparring	Orange/ Green	Orange 10:15 – 10:55am	
6:00 6:40 PM	High Brown	Green	High Brown Sparring Class	Green Sparring Class	Blue/Purple	Green 11:00 – 11:40am	
6:45- 7:25 PM	Bodan	White Belt Yellow Belt Class	Bodan Sparring Class	White Belt Yellow Belt Class	Red /Brown High Brown	Blue/Purple Red 11:45-12:25pm	
7:30~ 8:10 PM	Jr Black Belt	Blue/Purple Red	Jr Black Belt Sparring Class	Blue /Purple Red Sparring Class	BODAN BELT Special Class Prepare for Black Belt Start Sept 9, 2022	Brown High Brown 12:30-1:15pm	
8:10 ~ 8:55PM	All belts Class	All Adult Class Black Belt Class	All Belts Class Sparring Class	All Adult Class Black Belt Class Sparring Class	Black Belt Special Class Prepare for Next Dan Black Belt Sept 9,2022	Bodan 1:20-2:00pm	

Note:

- *Students are advised that they arrive **5** minutes before the start of classes and wait outside until Master or Instructors let them into training area.
- *Students are not permitted in class without their attendance card.
- *All who enter should bow to the flags and the Master to show respect.
- *Time Schedule changed can be without notice.
- * Sparring can start from Orange belt.