

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

[www.morrismixedmartialarts.com](http://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
4:30 ~ 5:10 pm	Blue Purple	White Yellow	Blue/Purple Sparring Class	White Belt Yellow Belt	Adult All belts Class	White Yellow Orange 10:00 -10:40AM
5:15 ~ 5:55 PM	Red Brown	Orange Green	Red Brown Sparring Class	Orange Green Sparring	BODAN BELT Special Class Prepare for Black Belt Start Sept 9, 2022 5:30-6:25pm	Green Blue Purple 10:45 – 11:25am
6:00 6:40 PM	High Brown Bodan	White Belt Yellow Belt Orange Belt Class	High Brown Bodan Sparring Class	White Belt Yellow Belt Orange Belt Class	Black Belt Special Class Prepare for Next Dan Black Belt Sept 9,2022 6:30-7:25pm	Red Brown 11:30 – 12:10am
6:45- 7:25 PM	Jr Black Belt	Blue/Purple Red	Jr Black Belt Sparring Class	Blue /Purple Red Sparring Class		High Brown Bodan 12:15-1:00pm
7:30~ 8:20 PM	All belts Class	All Adult Class Black Belt Class	All Belts Class Sparring Class	All Adult Class Black Belt Class Sparring Class		

### 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.