



# Velocity Martial Arts & American Top Team of Pompano Beach



## class schedule

Effective 05/15/10

All times are P.M. unless specified.

954-943-4011

Age Group		Style	Mon	Tue	Wed	Thu	Fri	Sat
Tae Kwon Do	Dragons 2-3yrs	Beginner Program		3:30-4:00		4:10-4:30		
	Tigers Ages 4-7	Beginner Program	4:00-4:30	5:30-6:00		4:30-5:00		11:00-11:30am
		Ki Bon Program	5:30-6:15	4:45-5:30	4:45-5:30		5:00-5:45	11:00-11:30am
		Master Program	4:30-5:30		5:30-6:15			11:00-11:30am
		Master MMA/BJJ		6:00-7:00 BJJ		6:30-7:30 MMA		
		Master Weapons					6:30-7:30	
		Juniors Ages 8-12	Beginner Program	6:15-7:00		4:00-4:45	5:45-6:30	
	Ki Bon Program			4:00-4:45	6:15-7:00	5:00-5:45	5:45-6:30	11:30am-12:15
	Master Program		4:30-5:30		5:30-6:15			11:30am-12:15
	Master MMA/BJJ			6:00-7:00 BJJ		6:30-7:30 MMA		
	Master Weapons						6:30-7:30	
	Adults	Beginner Program	7:00-8:00		8:00-9:00	7:30-8:30		12:15-1:15
		Ki Bon Program	7:00-8:00	7:00-8:00	8:00-9:00	7:30-8:30		12:15-1:15
		Master Program	4:30-5:30	6:00-7:00 BJJ	5:30-6:15	6:30-7:30 MMA		12:15-1:15
		Weapons Class					6:30-7:30	
	Specialty Programs	Cardio Kickboxing	8:00-9:00	12:00-1:00	7:00-8:00	12:00-1:00	7:30-8:30	1:15-2:15
Yoga		1:00-2:00			9:00am-10:30		9:00am-10:30	
Capoeira		8:30-9:30		8:30-9:30				
Competition Team				6:15-7:00			2:15-5:15	
Demo Team		BY INVITATION ONLY						
Women's Mixed Martial Arts		12:00-1:00		12:00-1:00		12:00-1:00		
Brazilian Jiu Jitsu	Adults Beginners	6:30-7:30	6:00-7:00	6:30-7:30	Open Mat	6:30-7:30	OPEN MAT	
	Adults Advanced	6:30-7:30	6:00-7:00	6:30-7:30	Open Mat	6:30-7:30	OPEN MAT	
	Mixed Martial Arts Beginners	7:30-8:30	Open Mat	7:30-8:30	6:30-7:30	7:30-8:30	OPEN MAT	
	Mixed Martial Arts Advanced	7:30-8:30	Open Mat	7:30-8:30	6:30-7:30	7:30-8:30	OPEN MAT	

