

Wambua's Martial Arts Academy

913-592-5151

A) Monday	5:15-6:00	White & Yellow Belts/ Basics & Forms
	6:00-6:45	Orange & Green Belts/ Basics & Forms
	6:45-7:45	Blue Belts & Above/ Basics & Forms
	7:45-8:30	Adults-All Belts/ Basics & Forms
A) Tuesday	5:00-5:45	White & Yellow Belts/ Basics & Forms
	5:45-6:30	Orange & Green Belts/ Basics & Forms
	6:30-7:30	Blue Belts & Above/ Basics & Forms
	7:30-8:30	Tournament Training-All Belts
B) Wednesday	5:15-6:00	White & Yellow Belts/ Self Defense & Sparring
	6:00-6:45	Orange & Green Belts/ Self Defense & Sparring
	6:45-7:30	Blue Belts & Above/ Self Defense & Sparring
	7:30-8:45	Adults-All Belts/ Self Defense & Sparring
B) Thursday	5:15-6:00	White & Yellow Belts/ Self Defense & Sparring
	6:00-6:45	Orange & Green Belts/ Self Defense & Sparring
	6:45-7:30	Blue Belts & Above/ Self Defense & Sparring
	7:30-8:45	Tournament Training-All Belts
C) Friday	5:15-6:00	White, Yellow, Orange, & Green Belts/ Open Training
	6:00-6:45	Blue Belts & Above/ Open Training
C) Saturday	9:00-10:00	Aerobic Kickboxing
	10:00-10:45	White, Yellow, Orange, & Green Belts/ Open Training
	10:45-11:30	Blue Belts & Above/ Open Training

~**A** Days-Basics & Forms ~**B** Days-Self Defense & Sparring ~**C** Days-Open Training

Students must attend one A and B class every week.

Missed Classes can be made up during open training.

Students are to arrive 10 minutes before their scheduled class time to stretch and warm up (quietly).

The highest student in rank is responsible in leading the rest in warm up and stretching, and making sure nobody is messing around.

When your class is over, please leave the workout area immediately so that the next class can begin.

Students in the tournament team need to attend at least 4 tournament training sessions per month or they will be dropped from the tournament team.