

# HIGH ALTITUDE MARTIAL ARTS

## SCHOOL OF STRIKING

	9:00A-10:00A	10:00A-11:00A	11:00A-12:00P	4:30P-5:30P	5:30P-6:30P	6:30P-7:30P	7:30P-8:30P
<b>MONDAY</b>	FUNDAMENTALS				FUNDAMENTALS	FUNDAMENTALS INT/ADVANCED (GREEN SHIRT)	MMA
<b>TUESDAY</b>	FUNDAMENTALS				FUNDAMENTALS	INTERMEDIATE	TECH SPARRING
<b>WEDNESDAY</b>	FUNDAMENTALS	INTERMEDIATE		FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS ADVANCED	MMA
<b>THURSDAY</b>	FUNDAMENTALS				FUNDAMENTALS	INTERMEDIATE	SPARRING (ADVANCED)
<b>FRIDAY</b>	FUNDAMENTALS				FUNDAMENTALS	INTERMEDIATE	
<b>SATURDAY</b>		FUNDAMENTALS	TECH SPARRING				
<b>SUNDAY</b>		TECH SPARRING (WOMENS)		FUNDAMENTALS (ALL LEVELS)	INTERMEDIATE (ORANGE SHIRT & ABOVE)	ADVANCED (BLUE SHIRT & ABOVE)	TECH SPARRING (GREEN SHIRT & ABOVE)