## ALLSTAR MARTIAL ARTS ACADEMY TRAINING SCHEDULE



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\*Schedule Effective JULY 31, 2023. Classes must be booked in advance. Members, book classes at https://allstarmartialartstraining.as.me/

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:30 PM	PRIVATE TRAINING By Appointment Only	PRIVATE TRAINING By Appointment Only	PRIVATE TRAINING By Appointment Only	PRIVATE TRAINING By Appointment Only	PRIVATE TRAINING By Appointment Only
3:30 PM	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts
4:10 PM	INTERMEDIATE & ADVANCED Green – Adv. Red Belts	INTERMEDIATE & ADVANCED Green – Adv. Red Belts	INTERMEDIATE & ADVANCED Green – Adv. Red Belts	INTERMEDIATE & ADVANCED Green – Adv. Red Belts	INTERMEDIATE, ADVANCED, & BLACK BELTS Green – Black Belts
5:00 PM	S.W.A.T. Special Winning Attitude Team *Upgrade Program Only	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	S.W.A.T. Special Winning Attitude Team *Upgrade Program Only	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	Also ask us about:  CAMPS, BIRTHDAY PARTIES, PRIVATE TRAINING, & MORE!  Official Community Choice Awards  2022 BEST OF THE COUNTY Serving Our Community for Over 100 Years The Palm Beach Post palmbreschpost com
5:35 PM	INTERMEDIATE, ADVANCED, & BLACK BELTS Green – Black Belts	INTERMEDIATE, ADVANCED, & BLACK BELTS Green – Black Belts	INTERMEDIATE, ADVANCED, & BLACK BELTS Green – Black Belts	INTERMEDIATE, ADVANCED, & BLACK BELTS Green – Black Belts	
6:25 PM	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	BEGINNERS Ages 4 -12 White - Adv. Yellow Belts	
7:05 PM	TEENS & ADULTS All Ranks	TEENS & ADULTS All Ranks	TEENS & ADULTS All Ranks	BLACK BELTS, TEENS & ADULTS *NO PATTERNS TRAINING	

DOWNLOAD OUR FREE APP "ALLSTAR MARTIAL ARTS ACADEMY" TO **BOOK YOUR CLASSES.** 

**LOGIN WITH THE STUDIO CODE: 5617905422** 

Interested? Thrive with our program that aims to build STRENGTH, CONFIDENCE, and DISCIPLINE! Programs offered to ages 4+. INTRODUCTORY OFFER • \$19.99 for 2 Action-Packed Classes!