

**Intensity Martial Arts**  
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[www.facebook.com/intensitymartialarts](http://www.facebook.com/intensitymartialarts)  
 Contact us anytime for any questions!



<b><u>RANK</u></b>	
No/White/Gold/Orange	- Beginner
Green/Blue/Purple	- Intermediate
Red/Brown/Black	- Advanced

**We Follow the Alameda Unified School District Calendar for all IMA School Closures click below for calendars:**  
[2018-2019 Calendar link](#)  
[2019-2020 Calendar link](#)

Effective: 8/27/2018

## SCHEDULE OF CLASSES

	Mon	Tue	Wed	Thurs
Turtles (3yrs – 6yrs)	4:00p – 4:30p	4:00p – 4:30p	4:00p – 4:30p	4:00p – 4:30p
Beginner (Wh/Gld/Or) 7-12yrs	4:30p – 5:00p	4:30p – 5:00p	4:30p – 5:00p	4:30p – 5:00p
Intermediate (Gr, Bl, Pur) 7-12yrs	5:00p – 5:30p	5:00p – 5:30p	5:00p – 5:30p	5:00p – 5:30p
Advanced (Rd/Br/1st Br/Blk) 7-12yrs	5:30p – 6:00p	5:30p – 6:00p	5:30p – 6:00p	5:30p – 6:00p
TEEN/ADULT TKD-KICKBOXING (13yrs + all levels)	6:00p – 6:45p	6:00p – 6:45p	6:00p – 6:45p	6:00p – 6:45p

\*\* Students must arrive 10 minutes early to warm up before class

<b>Friday / Saturday</b>
Events by invitation only. Check monthly calendar for list of special events. Events include: Parent's Night Out, Belt Exams, Tournaments, Special classes, Seminars, Private Lessons etc...