



Martial Arts and More Wilmington

910-619-6168

martialartswilmingtonnc.com

A-Curriculum

B-Application

C-Specialty

School T-Shirt ok

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil Champs Muay Thai 4:45pm	Big Kids Muay Thai 4:45pm	Lil Champs Muay Thai <u>Sparring Gear Req.</u> 4:45pm	Big Kids Muay Thai <u>Sparring Gear Req.</u> 4:45pm		Adult Muay Thai 10am
Lil Champs BJJ 5:30pm	Big Kids BJJ <u>Mouth Guard Req.</u> 5:30pm	Lil Champs BJJ 5:30pm	Big Kids BJJ <u>Mouth Guard Req.</u> 5:30pm	Black Belt Club Kids/Adults Sparring 5:30pm	All Ages Kids Class 11:15am
Adult Muay Thai 6:15pm	Adult Muay Thai Adv. 6:15pm	Adult Muay Thai 6:15pm	Adult Muay Thai Adv. 6:15pm	Black Belt Club Muay Thai Clinch Focus 6:15pm	Adult BJJ No Gi 11:15am
Adult BJJ Fundamentals 6:15pm	Adult BJJ Gi Adv. 6:15pm	Adult BJJ Fundamentals 6:15pm	Adult BJJ Gi Adv. 6:15pm	Black Belt Club Adult BJJ Comp Class 6:15pm	
Adult Muay Thai Adv. 7:15pm	Adult Muay Thai 7:15pm	Adult Muay Thai Adv. 7:15pm	Adult Muay Thai 7:15pm	Open Mat 7pm	
Adult BJJ No Gi Adv. 7:15pm	Adult BJJ Fundamentals 7:15pm	Adult BJJ Gi Adv. 7:15pm	Adult BJJ Fundamentals 7:15pm		



Basic 2 Classes/wk



Black Belt Club 3 Classes/wk



Masters Club Unlimited Classes