MiKiDo.com
MIXED MARTIAL ARTS CENTERS

2010-2011 Weekly Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00a						MiKiDo Cage Fitness (30min)
11:30		MiKiDo Cage Fitness (30min)		MiKiDo Cage Fitness (30min)		MiKiDo Cage Fitness (30min)
12:00		MiKiDo Cage Fitness (30min)		MiKiDo Cage Fitness (30min)		MiKiDo Circuit Training
12:30		MiKiDo Cage Fitness (30min)		MiKiDo Cage Fitness (30min)		Open Mat and Private Classes
						12-1:30pm
4:00p	Mini Mongoose	Mini Mongoose	Mini Mongoose	Mini Mongoose		
4:30	(Ages 3-7)	(Ages 3-7)	(Ages 3-7)	(Ages 3-7)		
5:00	Future Champ	Future Champ	Future Champ	Future Champ	Kids and Adults (All Levels)	
5:30	(Ages 8-13) Level 1 & 2	(Ages 8-13) Level 1 & 2	(Blue Belt and Above) Level 2	(Ages 8-13) Level 1 & 2	Belt Curriculum	
6:00	Intro Lessons	Intro Lessons	Intro Lessons	Intro Lessons	Happy Hour Fitness	
6:30	Women's Bootcamp	Adult MMA (Kickboxing)	Women's Bootcamp	Adult MMA (Grappling)	(All Levels)	
7:00	(MiKiDo Kickboxing Class)	Level 2	(MiKiDo Pump Class)	Level 2		
7:30	Adult MMA (Kickboxing)	Adult MMA (Kickboxing)	Adult MMA (Grappling)	Adult MMA (Grappling)		
8:00	Level 1 (Mon/Wed)	Level 1 (Tues/Thurs)	Level 1 (Mon/Wed)	Level 1 (Tues/Thurs)		
8:30						
9:00						
9:30						

Martial Arts Classes **Bootcamp/Circuit Classes** **MiKiDo Cage Fitness Classes**

Any student that brings in someone to try a free class and they sign up for atleast 6 months will receive from the MiKiDo ProShop a Free: Boxing Gloves, Shinguards, Uniform, or MiKiDo T-Shirt

* Level 2 classes will be everyone intermediate/advanced that is blue belt and above. Level 1 is beginner/intermediate below blue belt.
* Level 1 ***Red Program*** students can attend Mon/Wed/Fri or Tues/Thurs/Fri designated Level 1 Classes
* ***Blue Program*** students can attend all Blue classes as well as Saturday Open Training.
* Any students who wish to come in and free train during off hours are permited to do so as long as Master Mike or Brent Hess are present.
* Intro Lessons will be 20-30 minute introductory classes for all new students to become familiar with the MiKiDo System.
* It is suggested that ***Adult Red Program*** students attend ATLEAST One (1) Belt Curriculum Friday classes per month.
* ***MiKiDo Cage Fitness*** classes are 30 min. in duration and will run with punctuality in order to accommodate busy schedules. Show up 5 minutes early. *Note*: There is a "MiKiDo Cage Fitness Tutorial" that will begin 30 min. prior to the first class on every Cage Fitness workout day.