



# MAXOUT SPORTS SCHEDULE



440-781-3444

Winter Schedule 2022

<b>Monday:</b>	5:30 – 6:15 pm	Youth Combat <b>TKD/MMA/Self Defense</b>
	6:15 – 7:15 pm	Junior & Senior Combat <b>TKD/MMA/Self Defense</b>
<b>Tuesday:</b>	6:00 – 7:30 pm	Senior & Junior <b>JUDO</b>
<b>Wednesday:</b>	5:30 – 6:15 pm	Youth Combat <b>TKD/MMA/Self Defense</b>
	6:15 – 7:15 pm	Junior & Senior Combat <b>TKD/MMA/Self Defense</b>
<b>Thursday:</b>	6:00 – 7:30 pm	Senior & Junior <b>JUDO</b>
<b>Saturday:</b>	10:30 – 11:45 am	Junior & Senior <b>JUDO</b> – <i>Senior TKD/MMA participation encouraged.</i>
	11:45 – 12:30 pm	Youth & Junior <b>TKD</b> Team Building & Conditioning
	12:30 – 12:45 pm	Rank Requirement Instruction
	12:45 – 1:15pm	Advance Kata Training

## Note:

Please arrive in a clean uniform and no earlier than 15 minutes before class starts.

**MAXOUT SPORTS IS CLOSED ON MAJOR HOLIDAYS AND HAZARDOUS WEATHER CONDITIONS. IF YOU HAVE ANY SCHEDULING QUESTIONS CALL 440-781-3444.**

**YOUR #1 CHOICE FOR MARTIAL ARTS AND FITNESS TRAINING**

**23860 MILES ROAD, BEDFORD HEIGHTS, OHIO 44128**