

LONGORIA'S TACTICAL MARTIAL ARTS CLASS SCHEDULE

Taekwondo

4-12 year olds, White belts _____	Mon-Thurs 5:30-6:00pm
4-12 year olds, Orange thru Purple belts _____	Mon-Thurs 6:15-7:00pm
Master Club Weapons (Camo belts and up) _____	Mon-Thurs 7:00-7:15pm
4-12 year olds, Blue thru Black belts _____	Mon-Thurs 7:15-8:15pm
13+ years, White thru Black Belts _____	Mon-Thurs 7:15-8:15pm
*4+ years, All Belt Ranks _____	Tues & Thurs 9:30-10:30am

TAC KRAV MAGA

All Levels (Fundamentals) _____	Wed 5:30-6:00pm
All Levels _____	Mon & Wed 6:00-7:00pm
All Levels _____	Tues & Thurs 7:00-8:00pm
All Levels _____	Tues & Thurs 9:30-10:30am

MMA: Jiu Jitsu & Muay Thai Kickboxing

Carlos Machado Jiu Jitsu (LTMA Gi Required) _____	Mon & Wed 6:00-7:30pm
Carlos Machado Jiu Jitsu (No Gi) _____	Tues & Thurs 6:00-7:00pm
Muay Thai (stand up, pad work, & sparring) _____	Tues & Thurs 7:00-8:00pm

Fitness Classes

Cardio Kickboxing

Monday & Wednesday _____	4:30-5:30pm with Pati 6:00-6:45pm with Katie
Tuesday _____	5:30-6:15am with Pati 6:00-6:45pm with Kelley
Thursday _____	5:30-6:15am with Kelley 6:00-6:45pm with Katie
Saturday _____	8:00-8:45am with Pati
Sunday _____	4:30-5:30pm with Pati

Barre

Tuesday _____	4:30-5:15pm with Pati
Wednesday _____	5:30-6:15am with Pati
Thursday _____	4:30-5:15pm with Pati

Strength & Tone

Wednesday _____	9:15-10:00am with Pati
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Specialty Classes

1st & 3rd Saturday of the month _____	Yoga w/ Brooke or Stretch & Flow w/ Pati 8:55-9:40am
2nd & 4th Saturday of the month _____	H.I.T. with Pati 9:00-10:00am
5th Saturday of the month _____	Half Kickboxing/Half Yoga 8:00-9:15am

Weight Room

Members only (18+) | Open during normal class hours (above) | Additional \$10 per person, per month

****Please note: Class schedules may be adjusted due to weather and holidays/special events****

Follow us on Facebook and Instagram @ Longoria's Black Belt Academy

Phone | 402-975-2220 **Email** | longoria@windstream.net **Website** | longoriastacticalmartialarts.com

***class not included in Free Trial Week**