



Muay Thai

Essential Martial Arts

www.essentialmartialarts.com

Greensboro



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Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Li'l Dragons Taekwon-Do 4 & 5 Year Olds	6:00-6:30 pm	5:45-6:15 pm	4:45-5:15 pm		6:00-6:30 pm	11:35-12:05 am
Taekwon-Do White Belt thru Sr. Yellow Belt	12:10-12:55pm 6:00-6:50 pm	4:00-4:40 pm 5:45-6:25 pm	4:45-5:25 pm	12:20-1:05pm 5:50-6:35 pm	4:15-4:55 pm 5:50-6:35 pm	9:45-10:30 am
Taekwon-Do Green Belts & Up	12:10-12:55pm 6:50-7:40 pm	4:45-5:30 pm 6:25-7:05 pm	5:25-6:10 pm	12:20-1:05pm 6:35-7:25 pm	5:00-5:45 pm 6:35-7:25 pm	10:45-11:35 am
Taekwon-Do - Special Training Sr. Red - 7 th Dan Teens & Adults Only			6:10-7:00 pm <i>Includes Lead Instructor Training</i>			
Tai Chi		6:25-7:05 pm	7:00-7:40 pm	11:00-11:40 am		9:00-9:45 am <i>Open Mat</i>
Taekwon-Do Teens & Adults Only		7:05-7:55 pm	7:40-8:25 pm	7:25-8:15 pm		9:00-9:45 am <i>Open Mat</i>
HapKiDo	12:10-12:55pm 6:50-7:40pm	7:05-7:55pm	7:40-8:30pm Wah-Ki/Ground	12:20-1:05pm 7:25-8:15pm	6:35-7:25pm	9:00-9:45 am <i>Open Mat</i>
Jeet Kune Do & Philippine MA	11:30am-12:10	7:55-8:45pm	7:40-8:30 pm Focus KinaMutai	11:40am-12:20	7:25-8:10pm	9:00-9:45 am <i>Open Mat</i>
Demo & Competition Team <i>Jrs. thru Adults. Ask for details</i>						9:00- 9:45 am <i>2nd Saturday ONLY</i>

⇒ *EMA of Greensboro is closed the first Friday of each month for rank examinations. You will be notified if you are eligible.*