



Master Hendrix

# Essential Martial Arts

www.essentialmartialarts.com

## Stoney Creek



### Monday

6:00-6:45pm

Taekwon-Do

White to Sr. Yellow Belt  
Juniors and Older

6:45-7:35pm

Taekwon-Do

Green Belts and Higher  
Juniors and Older

7:35-8:15pm

Taekwon-Do

Teens/Adults Only

7:35-8:15pm

Jeet Kune Do/Philippine  
Martial Arts

Teens/Adults Only

### Tuesday

5:30-6:00pm

Li'l Dragons

6:00-6:45pm

Taekwon-Do

White to Sr. Yellow Belt  
Juniors and Older

6:45-7:35pm

Taekwon-Do

Green Belts and Higher  
Juniors and Older

### Wednesday

6:00-6:45pm

Taekwon-Do

White to Sr. Yellow Belt  
Juniors and Older

6:45-7:35pm

Taekwon-Do

Green Belts and Higher  
Juniors and Older

7:35-8:05pm

Jr's. Sticks & Jeet Kune Do

Under age 13.

Must be at least a Sr. Yellow Belt

**336-282-3000**

[www.essentialmartialarts.com](http://www.essentialmartialarts.com)

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### Thursday

5:30-6:00pm

Li'l Dragons

6:00-6:45pm

Taekwon-Do

White to Sr. Yellow Belt  
Juniors and Older

6:45-7:35pm

Taekwon-Do

Green Belts and Higher  
Juniors and Older

7:35-8:15pm

Taekwon-Do

Teens/Adults Only  
13 years and older only

7:35-8:15pm

Jeet Kune Do/PMA  
(Informal Open Mat)

Teens/Adults Only  
13 years and older only

### Friday

5:45-6:35pm

Taekwon-Do

All Ranks  
Juniors and Older

### Saturday

9:00-9:45 am

Taekwon-Do

White to Sr. Green Belt  
Juniors and Older

9:00-9:30 am

Li'l Dragons May Participate

9:45-10:35 am

Taekwon-Do

Blue Belt and Higher  
& SWAT Team

(ask about requirements)

Juniors and Older

10:35-11:15 am

Taekwon-Do

Teens/Adults Only

10:35-11:15 am

Jeet Kune Do/Philippine  
Martial Arts

Teens/Adults Only

