

**Main Street Martial Arts Master Schedule ~ 401.274.7672 ~ [mainstma@gmail.com](mailto:mainstma@gmail.com) ~ [mainstma.org](http://mainstma.org)**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Morning Classes:</b> Monday-Friday 6:00A-12:00P</p> <p><b>Saturday Program:</b> Saturdays 6:00A-5:00P</p> <p>Saturday Program includes lunch and all classes. Free Saturday Program and a Free Uniform are included for all Full-Time Ultimate After-School Program Members enrolled for 4 or 5 days per week.</p>	Private Training Events - TBA 7:00A-10:00A <i>(By Appt.)</i>	Private Training Events - TBA 7:00A-10:00A <i>(By Appt.)</i>	Private Training Events - TBA 7:00A-10:00A <i>(By Appt.)</i>	Private Training Events - TBA 7:00A-10:00A <i>(By Appt.)</i>	Private Training Events - TBA 7:00A-10:00A <i>(By Appt.)</i>	Private Training Events - TBA 7:00A-10:00A <i>(By Appt.)</i>	Private Training (See Werth Sensei) 8:00-9:25A <i>(By Appt.)</i>	
	BJJ / MTK / MMA (Ages 5 and Up) 10:00-11:30A	Private Training Events - TBA 10:00A <i>(By Appt.)</i>	BJJ / MTK / MMA (Ages 5 and Up) 10:00-11:30A	Private Training Events - TBA 10:00A <i>(By Appt.)</i>	BJJ / MTK / MMA (Ages 5 and Up) 10:00-11:30A	Private Training Events - TBA 10:00A <i>(By Appt.)</i>	Family Olympic Taekwondo 11:05A-12:45P	Main Street Go-Do Academy 11:15P
	Private Training Events - TBA 12:00P <i>(By Appt.)</i>	<i>Ask about scheduling an event, party, or meeting for your group, club, or organization Sunday Mornings / Afternoons / Evenings, Saturday Afternoons / Evenings, and Monday-Friday Mornings / Early Afternoons.</i>					TKD Team Training 1:00P-2:30P <i>(By Invitation)</i>	
<p><b>After-School Programming</b></p> <p>Afternoon Classes:</p> <p><b>The Ultimate After-School Youth Leadership Program</b></p> <p>Monday-Friday 3:30-6:25P</p>	<p>Private Training Events - TBA 1:00P <i>(By Appt.)</i></p> <p>Sunday mornings, afternoons, and evenings are available for Birthday Parties and Events!</p> <p>Ask Werth Sensei for details about having your next event here!</p>	After-School Program 3:30-6:25P Healthy Meal Homework Martial Arts Arts & Crafts (Grades K-6)	After-School Program 3:30-6:25P Healthy Meal Homework Martial Arts Arts & Crafts (Grades K-6)	After-School Program 3:30-6:25P Healthy Meal Homework Martial Arts Arts & Crafts (Grades K-6)	After-School Program 3:30-6:25P Healthy Meal Homework Martial Arts Arts & Crafts (Grades K-6)	After-School Program 3:30-6:25P Healthy Meal Homework Martial Arts Arts & Crafts (Grades K-6)	BJJ / MTK / MMA (Ages 5 and Up) 3:00-4:30P	
		Taekwon-Do Team Training (Ages 7 and Up) 4:00-4:55P <i>(By Invitation)</i>	After-School Programming	Taekwon-Do Team Training (Ages 7 and Up) 4:00-4:55P <i>(By Invitation)</i>	After-School Programming	After-School Programming	Private Training Events - TBA 5:00P <i>(By Appt.)</i>	
		Family Olympic Taekwondo (Ages 7 and Up) 5:00-6:25P <i>(Extra Practice) (6:30-6:55P)</i>	Family Olympic Taekwondo (Ages 7 and Up) 5:00-6:25P	Family Olympic Taekwondo (Ages 7 and Up) 5:00-6:25P	Family Olympic Taekwondo (Ages 7 and Up) 5:00-6:25P	Family Olympic Taekwondo (Ages 7 and Up) 5:00-6:25P <i>(Extra Practice) (6:30-6:55P)</i>	<p>Saturday late afternoons and evenings are available for Birthday Parties and Events!</p> <p>Ask Werth Sensei for details about having your next event here!</p>	
Aikido/Jujitsu/Grappling Adults 6:30-8:15P	Black Belt Club Japanese Martial Arts Weapons: Advanced 8:30-9:15P	BJJ / MTK / MMA (Ages 5 and Up) 7:00-8:30P	Aikido/Jujitsu/Grappling Adults 6:30-8:15P	Intro. to Martial Arts/ Self-Defense/ Family Martial Arts/ Weapons Practice 6:30-8:15P + Black Belt Club	BJJ / MTK / MMA (Ages 5 and Up) 7:00-8:30P			
<p><b>Evening Classes</b></p> <p>Monday-Friday 6:30-10:00P</p>								