



Red Phoenix

MARTIAL ARTS

Schedule of Classes

Little Phoenix (4-7)	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
All RANKS		TBA		TBA			
All RANKS		6:15 PM		6:15 PM	5:30 PM*	10:30 am*	
Youth (7+ to 13)	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Beginners	5:15 PM		5:15 PM				
Advanced		5:15 PM		5:15 PM			
Advanced	6:15 PM		6:15 PM				
All RANKS					5:30 PM*	10:30 am*	
TEEN (13-16)	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
All Ranks		7:15 PM		7:15 PM			
Adult (16-99)	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Beginners	7:15 PM		7:15 PM				
Advanced	8:15 PM		8:15 PM				
All RANKS					5:30 PM*	10:30 am*	
Fitness Class****	6:30 AM	6:30 AM		6:30 AM	6:30 AM		
Children's After School P	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
CALL FIRST	2:00: PM	2:00: PM	2:00: PM	2:00: PM	2:00: PM		
NOLAWELLNESS**	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
WAMA onsite^ or @ RPMA							
Movie Night						6:30 PM	
Black Belt Classes^					6:30 PM		
Black Belt Prep^	7:15 -8:00PM						
Leadership or Demo Team Training- SEE SCHEDULE						11:30 AM	
Workshops/Seminars							2-5:00 PM
Smoking Cessation^			10:00 AM				
Weight Management	Noon		Noon				

* SIGN UP REQUIRED FOR THIS CLASS. SIGN UP IN CLASS

^ CALL FIRST TO SIGN UP! (5-10 students needed to have a class)

** When Scheduled 504-779-Kick

**** 10 students needed to make a class- 12 Week Course \$380, or less than \$8 per class!