

5 Rings Mixed Martial Arts Centralia Il. 62801 (618)-558-9995

## 2012 Class Schedule

**Tiger Tots  $\frac{3}{4}$  years old  
Thursday**

5:15 pm Room 2

**Lil' Dragons 5-7 Years old  
Monday & Wednesday**

Basic Class 5:00pm Room 1  
White – Green

Advanced Class 6:00pm Room 2  
Blue – Black

**Jr. Dragons 8-14 years old  
Tuesday & Thursday**

Basic Class 5:00pm Room 1  
White – Orange

Advanced Class 6:00pm Room 1  
Green – Black

**Adult Kempo  
Monday & Wednesday**

Basic Class 6:00pm Room 1  
White – Orange

Advanced Class 7:00pm Room 1  
Green - Black

**Adult Special Subject Class  
First & Third Wednesday of each month**

6:00pm Room 1

**Competition Team  
Saturday (Seasonal)**

10:00am Room 1  
Training times will vary  
between 1 and 2 hours long !

**Tai Chi Kyusho Health  
Saturday**

9:00am Room 1&2  
Level 1 & Level 2

**5 Rings Jiu-Jitsu  
Thursday**

7:00 pm Room 1  
All Levels

**Black Belt Club  
All Black Belts  
&  
Instructor Training Program members  
First Tuesday of each month**

7:00 pm Room 1 or 2

**Kyusho Study Group  
First & Third Wednesday of each month**

7:00 pm Room 2  
All Levels  
(Loose Fit or Tactical Clothing-No Gi)

**(Advisory Board Meetings)  
Last Friday of Each Month 7:15pm  
Room 1**