



## February 2019

601 N. Whitney Way, 233-9999

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

[paikstmac@gmail.com](mailto:paikstmac@gmail.com)

**WEST**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5	6	7	8	9
	Applications <b>self defense</b>	Board Breaking	Sparring	Form	Combinations	Applications <b>self defense</b>
10	11	12	13	14	15	16
	Form	Combinations	Board Breaking!	Sparring	Applications <b>self defense</b>	<b>Form</b>
17	18	19	20	21	22	23
	Combinations	Sparring	Board Breaking	Form	Applications <b>self defense</b>	Sparring
24	25	26	27	28	1	2
<b>Fight the Freeze Tournament</b>	Combinations	<u>Form</u>	Sparring	Board Breaking		

**BLACK BELT CLUB CLASSES 6 DAYS A WEEK NOW!**

**FIGHT THE FREEZE TOURNAMENT IL FEB.24**

**Black Belt Club Music Form Class Every Monday Night 6pm**

	mon	tues	wed	thur	fri	sat
TOTS	4:45		4:45		4:45	10:00
Kids Novice - No Rank, White, Yellow, Orange	5:15	5:15	6:00	5:15	6:00	10:30
Kids Intermediates - Green Purple, Blue, Navy	5:15	5:15	6:00	5:15	6:00	10:30
Kids Advanced - Navy, Brown, Red, Red Stripe, Black	5:15	5:15	6:00	5:15	6:00	10:30

BBC/MC Club Kids	6:00	6:45	5:15	6:45	6:00	11:15
Family Class		6:00		6:00		11:15
Teens (13-17)	5:15	6:00	6:00	6:45	6:45	11:15
Adults	5:15	6:00	6:00	6:45	6:45	11:15
BBC/MC Music Form	6:00					
Teens/Adults BBC/MC	6:00	6:45	5:15	6:45	6:45	11:15
GIRLS class Only					5:15	
*classes may be longer than the 45minutes.						



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4120 Monona Drive  
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**EAST**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5	6	7	8	9
	Applications <b>self defense</b>	Board Breaking	Sparring	Form	Combinations	Applications <b>self defense</b>
10	11	12	13	14	15	16
	Form	Combinations	Board Breaking!	Form	Applications <b>self defense</b>	<b>Sparring</b>
17	18	19	20	21	22	23
	Combinations	Sparring	Board Breaking	Form	Applications <b>self defense</b>	Sparring
24	25	26	27	28	1	2
<b>Fight the Freeze Tournament</b>	Combinations	Form	Sparring	Board Breaking		

**Black Belt Club Classes 6 days a week now!**

**Fight the Freeze Tournament II, Feb.24th**

**Black Belt Musical Form Class Every Thursday Nite 6:15**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTS	4:45		4:45		4:45	10:00
Kids Novice - No Rank, White, Yellow, Orange	5:15	5:45	Girls Class! 5:15	5:30	5:15	10:30
Kids Intermediates - Green, Purple, Blue, Dk Blue	5:15	5:45	Girls Class! 5:15	5:30	5:15	10:30
Kids Advanced - Brown, Red, Red Stripe, Black	5:15	5:45	Girls Class! 5:15	5:30	5:15	10:30
BBC/MC Club Kids	6:00	5:45	6:00	5:30	6:00	11:15

Family Class			6:45	6:45		
Teens (13-17)	6:45	6:30	6:45	6:45	6:00	
Adults Low Ranks	6:45	6:30	6:45	6:45	6:00	10:30
Adults High Ranks	6:45	6:30	6:45	6:45	6:00	10:30
BBC/MC Teen Adult	6:45	5:45	6:00	5:30	6:45	11:15
<b>BBC/MC Music Form</b>				<b>6:15</b>		
*Classes may be one hour or more						



## February 2019

2690 Research Park Drive, 709-1444  
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**FITCHBURG**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Form	2 Color Belt Testing NO CLASS
3	4 Sparring	5 Applications Self Defense	6 Combinations	7 Form	8 Sparring	9 Applications Self Defense
10	11 Form	12 Combinations	13 Applications Self Defense	14 Sparring Happy Valentines Day	15 Board Breaking! Bring a Friend!	16 Combinations
17	18 Applications Self Defense	19 Form	20 Sparring	21 Combinations	22 Form	23 Sparring
24 Fight the Freeze Tournament!	25 Combinations	26 Sparring	27 Board Breaking! Bring a Friend!	28 Applications Self Defense	1 Combinations	2 Form

**Show off your SKILLS! Compete at Fight the Freeze! 2/24!**

**Join us 3/2-3/3 at the Madison Kids Expo!**

**Color Belt Testing! Fitchburg 10:00am February 2nd!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6 &amp; Under</b>		5:45		5:45		10:00
<b>Low Ranks</b> (Orange and below -all ages)	5:00	5:00			5:15	
<b>Mid-High Ranks</b> (all ages)	5:45	6:15	5:00	5:00	5:15	10:30
<b>Teens/Adults</b> (all ranks)	7:15		6:30	6:15	6:00	11:15
<b>Family</b>	6:30		6:30		5:15	
<b>Black Belt Club</b>		7:00	5:45		6:00	