



**Professional Martial Arts Training Center**  
**711 Putnam Pike, Smithfield, RI 02828**  
**(401) 949-3376**  
[www.martial-fitness.net](http://www.martial-fitness.net)  
 email - [pmatc@cox.net](mailto:pmatc@cox.net)

### Class Schedule 2008

Group	Mon	Tue	Wed	Thurs	Fri	Sat
<b>Kempo Theory Classes</b>						
<b>Tots (2-4)</b>			3:30			
<b>Tigers(5-6)</b>		4:15	4:30			9:30
<b>Juniors (7-9)</b>	5:00		4:30	4:30		11:30
<b>Pre Teen</b>		7:00		7:00		11:30
<b>Teen/Adult</b>	12:00	5:45	12:00 5:45	5:45	5:00	12:30
<b>Brn/Blck</b>	7:00					
<b>Application <i>Kempo/ Muay Thai</i></b>						
<b>Muay Thai</b>	6:00		7:00		6:00	8:00am
<b>Sparring</b>						10:30am
<b>Tai Chi</b>						
<b>Tai Chi</b>	5:00					
<b>Special Programs</b>						
<b>Kali</b>			Escrima Stick fighting			2:00
<b>B/B Club</b>	Black Belt Club meets first Saturday of each month					1:00

**Private lessons available by appointment only!**