

# ***IMPACT***

## ***MARTIAL ARTS & FITNESS***

**Team SGARLATA**

### Monday "A" & Wednesday "B"

3:45-4:30 Adults (Krav/Muay Thai)  
4:30-5:00 Little Champions  
**5:00-5:45 Purple to Green Belt - Juniors**  
5:45-6:30 Brown to Black Belt - Juniors  
**6:30-7:15 White-Yellow-Orange - Juniors**  
7:15-8:00 Adults (Krav/Muay Thai)  
**8:00-8:45 Jitsu (10 yrs & up) Mondays Only**

### Tuesday "A" & Thursday "B"

4:00-4:45 White-Yellow-Orange - Juniors  
**4:45 -5:30 Brown to Black Belt - Juniors**  
5:30-6:00 Little Champions  
**6:00-6:45 Purple to Green Belt - Juniors**  
6:45-7:30 Adults (Krav Maga/Muay Thai)  
**7:30-8:15 Jitsu (10 yrs & up)**

### Friday "A"

4:15-4:45 Little Champions  
**4:45-5:30 Purple to Black Belt - Juniors**  
5:30-6:15 White-Yellow-Orange - Juniors  
**6:15-7:00 Adults (Krav Maga/Muay Thai)**

### Saturday "B"

8:30-9:15 Adults –Drills and Sparring  
**9:30-10:00 Little Champions**  
10:00-10:45 White-Yellow-Orange - Juniors  
**10:45-11:30 Purple to Black Belt - Juniors**  
11:30-12:15 Hyper/Weapons

### Did you know?

We offer many programs, classes,  
and presentations.

#### Classes and School Talks for:

**"Done With Bullying"**  
**After School Programs**  
**Character Development Talks**  
**School/Organization Fundraisers**  
**Daycare Activities and Programs**

#### For Adults:

**Self Defense Clinics**  
**Defensive Tactics Training**  
**Business Fundraising**  
**Offsite Fitness Programs**  
**Private Lessons**

#### "A"Days

Skills/Drills  
Curriculum  
Conditioning

#### "B"Days

Application/Sparring  
Reaction Training  
Safety Gear Required

#### For Your Classes:

Please arrive 10 minutes prior to your class.

Respect the class in progress-Quietly prepare  
for class.

No jewelry allowed in class.



**Lakeshore Heights Plaza**

6195 Rt. 31  
Cicero NY 13039  
**315-699-9898**

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

