

Schedule of Classes

Monday

10am	Kali / Panantukan
11 am - 5 pm	Private Lessons Available
5 pm	Youth Martial Arts
6 pm	Phase One
7 pm	Phanatukan (Filipino Boxing)
8 pm	Brazilian Jujitsu

Tuesday

10 am - 5pm	Private Lessons Available
6 pm	Bagwork / Conditioning
7 pm	Phase One
8 pm	Kickboxing

Wednesday

10 am	Kali / Panantukan
11 am - 5 pm	Private Lessons Available
5 pm	Youth Martial Arts
6 pm	Phase Two
7 pm	Yoga / Bodyworks
8 pm	Wednesday Workshop **

Thursday

10 am - 5 pm	Private Lessons Available
6 pm	Kickboxing
7 pm	Capoeira Regional
8 pm	Phase One

Friday

10 am - 5 pm	Private Lessons Available
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Saturday

10 am	Youth Capoeira
11 am	Kali / Escrima
Noon	Brazilian Jujitsu
1 pm	Private Lessons Available

Sunday

10 am - 3 pm	Private Lessons Available
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*** Wednesday Workshop Topics rotate every 4-6 weeks. This allows students to focus on a very specific aspect of our curriculum, train for a competition, or prepare for a testing.*

For information on current and upcoming Workshop Topics, visit our website.

Visitors are always welcome. Private Lessons are scheduled by appointment. Call today to schedule yours.

Gift Certificates are available.

Effective January 1st, 2011



Sage Arts Studio

MARTIAL ARTS & FITNESS TRAINING

5818 West Forest Home Ave

Milwaukee, WI 53220

414.520.7243

info@sageartsstudio.com

www.sageartsstudio.com