

Sage Arts Unlimited - Schedule of Classes

Visitors are always welcome.

MON	10 am - 5 pm Private Lessons Available	6 pm Doce Pares Escrima	7 pm Phase One Class	8 pm Brazilian Jiu Jitsu
	10 am - 5 pm Private Lessons Available	6 pm Kickboxing	7:30 pm Phase One Class	
TUES	10 am - 5 pm Private Lessons Available	6 pm Phase One Class	7 pm Yoga/Bodyworks Class	8 pm Wednesday Workshop *
	10 am - 5 pm Private Lessons Available	6pm Capoeira Regional	7:30 pm Kickboxing	
WED	10 am - 5 pm Private Lessons Available	Closed		
	9 am Kabbadi Training	11 am Phase Two Class	12 pm Brazilian Jiu Jitsu	2 pm Beginners Class
THUR	10 am - 3 pm Private Lessons Available	4 pm Open Kickboxing Workout		
	Effective January 10, 2009			



Sage Arts Unlimited
 Martial Arts & Fitness
 5818 W. Forest Home Ave
 Milwaukee, WI 53220

(414) 520-SAGE (7243)
www.sageartsstudio.com

* Wednesday Workshop Topics

- 1.7.09 Savate - French Kickboxing
- 2.18.09 Introduction to Jeet Kune Do Trapping
- 3.18.09 Sinawali - Kali Double Stick Training
- 4.29.09 Introduction to Grappling
- 5.27.09 Panantukan - Filipino Boxing

Our Wednesday Workshops offer students a chance to sample portions of our curriculum in focused, 1.5-hour long weekly classes. We rotate the topic every 4-6 weeks to compliment our regular training focus at that time of year. Requests are welcome.

Free for regular students, these workshops are also open to beginners and non-students. Contact us today to register for our next Workshop: (414) 520-7243