



# Ernie Reyes' West Coast World Martial Arts WEST COAST TUCSON

(520) 790-1197  
7225 E Broadway Blvd #150 Tucson AZ  
85710

|                                                               | MONDAY | TUESDAY<br><i>SPARRING</i> | WEDNESDAY<br><i>SPARRING</i> | THURSDAY<br><i>GLOVES</i> | FRIDAY<br><i>GLOVES</i>     | SATURDAY                                  |
|---------------------------------------------------------------|--------|----------------------------|------------------------------|---------------------------|-----------------------------|-------------------------------------------|
| <b>Little Dragons</b><br>(Ages 4-5)                           |        | 5:15 - 5:45<br>pm          | 4:30 - 5:00<br>pm            | 5:15 - 5:45<br>pm         | 4:30 - 5:00<br>pm           |                                           |
| <b>Beginners</b><br>(White, Orange, Gold)                     |        | 5:45 - 6:30<br>pm          | 7:15 - 8:00<br>pm            | 5:45 - 6:30<br>pm         | 7:15 - 8:00<br>pm           | 10:15 - 11:00<br>am                       |
| <b>Intermediate</b><br>(Green, Purple, Blue,<br>Blue I)       |        | 4:30 - 5:15<br>pm          | 6:30 - 7:15<br>pm            | 4:30 - 5:15<br>pm         | 6:30 - 7:15<br>pm           | 10:15 - 11:00<br>am                       |
| <b>Advanced</b><br>(Brown, Brown I, Red,<br>Red I, Red/Black) |        | 6:30 - 7:15<br>pm          | 5:00 - 5:45<br>pm            | 6:30 - 7:15<br>pm         | 5:00 - 5:45<br>pm           | 10:15 - 11:00<br>am                       |
| <b>XPT</b><br>Xtreme Performance<br>Training                  |        |                            | 5:45 - 6:30<br>pm            |                           | 5:45 - 6:30<br>pm           | 9:30 - 10:15<br>am                        |
| <b>Black Belts</b>                                            |        | 7:15 - 8:15<br>pm          | 5:45 - 6:30 pm<br>Kids Only  | 7:15 - 8:15<br>pm         | 5:45 - 6:30 pm<br>Kids Only | 11:00 - 11:30 am<br>S.W.A.T Inst Training |
| <b>Adults Only</b><br>(All Ranks inc Black)                   |        | 8:15 - 9:00<br>pm          | 8:00 - 8:45<br>pm            | 8:15 - 9:00<br>pm         | 8:00 - 8:45<br>pm           |                                           |

\*\*\* MMA Attire allowed for GREEN Belts and Up on THUR and FRI  
Schedule Effective August 2nd 2016



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