



Baltimore Elite Martial Arts Academy Evening Class Schedule: Effective June 13, 2016

**Baltimore Elite Martial Arts Academy**  
 7850 Rossville Blvd. Suite 200  
 Baltimore, MD 21236  
 410-663-9123  
 www.bemaa.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Camp Opens 6:30 AM	Camp Opens 6:30 AM	Camp Opens 6:30 AM	Camp Opens 6:30 AM	Camp Opens 6:30 AM	Tae Kwon Do Slow Adults 18+ Only 9:00 - 10:00 AM
					All Students: Sparring / Breaking Practice 10:00 - 11:00 AM
					All Students: Forms & Self Defense Practice 11:00 - 12:00 PM
					Kids 2-7: Tiny Tigers & Little Dragons 12:00 - 12:30 PM
					This Slot For: Gub Testing  Team Practice  Open Mat Black Belt Club & Master Club Only  Birthday Parties  Private Instruction Master Club Only  See Newsletter For Scheduling
After School  Transportation Snack Homework  All Students  2:00 - 4:30 PM	After School  Transportation Snack Homework  All Students  2:00 - 4:30 PM	After School  Transportation Snack Homework  All Students  2:00 - 4:30 PM	After School  Transportation Snack Homework  All Students  2:00 - 4:30 PM	After School  Transportation Snack Homework  All Students  2:00 - 4:30 PM	
After School & Summer Camp  Forms Focus 4:30 - 5:30 PM	After School & Summer Camp  Self Defense Focus 4:30 - 5:30 PM	After School & Summer Camp  Sparring Focus 4:30 - 5:30 PM	After School & Summer Camp  Breaking Focus 4:30 - 5:30 PM	After School & Summer Camp  Self Defense & Weapons 4:30 - 5:30 PM	
Kids: Beginner & Intermediate  5:30 - 6:30 PM	Kids 2-7: Tiny Tigers & Little Dragons 5:30 - 6:00 PM Kids: Beginner & Pretest Appts. 6:00 - 6:30 PM	Kids: Beginner & Intermediate  Sparring / Breaking 5:30 - 6:30 PM	Kids 2-7: Tiny Tigers & Little Dragons 5:30 - 6:00 PM Kids: Beginner & Pretest Appts. 6:00 - 6:30 PM	Kids: Beginner & Intermediate  Weapons & Self Defense 5:30 - 6:30 PM	
Kids: Advanced & Intermediate  Forms Focus 6:30 - 7:30 PM	Kids: Intermediate & Advanced  Self Defense Focus 6:30 - 7:30 PM	Kids: Advanced & Intermediate  Sparring Focus 6:30 - 7:30 PM	Kids: Intermediate & Advanced  Breaking Focus 6:30 - 7:30 PM	Black Belt Club Students Only  Weapons & Self Defense 6:30 - 7:30 PM	
Instructors & Black Belts  All Adults Welcome 7:30 - 8:30 PM	All Adults All Ranks Black Belts Welcome  Cardio Focus 7:30 - 8:30 PM	Instructors & Black Belts  All Adults Welcome 7:30 - 8:30 PM	All Adults All Ranks Black Belts Welcome  7:30 - 8:30 PM		



## Baltimore Elite Class Schedule Explanation

Baltimore Elite's class schedule consists of training classes for all ages and ranks. The following guidelines explain which students can attend which classes.

### Training classes

Students enrolled in any contractual program can attend any training class at their level.

- Who should take the class: Kids (ages 5-14), Adults (ages 13+), Little Dragons (ages 3-7) or Tiny Tigers (ages 2-4). If a student falls in the overlap in the ages, please see an instructor to help with selecting the appropriate class.
- What rank is taught: Beginner, Intermediate, Advanced or Black Belt.
- When the class is offered: The day and time of the class.

Black Belt Club (BBC) or Master Club (MC) students can attend any classes at or below their level. However, the teaching of the class will remain focused on the level of the class and not the level of the BBC student. BBC Students attending a class at a rank lower than their rank should be doing so to practice curriculum learned at the lower rank. They should not expect to be taught curriculum that is more advanced than the class they are attending.

Sparring gear is **required\*** for any class marked as a sparring class and students should begin class with their gear on. Beginners and Intermediates enrolled in the BBC are welcome to attend all sparring classes even above their level. However, please check with an instructor to be sure you're ready for a certain class. **\*Note: Beginners who do not have gear may attend a beginning sparring class without gear.**

Black Belts and Adults may come to any Black Belt or Adult class, however, the training will be focused on the level shown on the schedule. Adults should prepare to work on their own for parts of the class that may be above their level if needed. Sparring gear and weapons should be brought to all Black Belt and Adult classes.

### Saturday Special Time Slot:

This slot is used for multiple items. Please see the newsletter for scheduled items. Scheduled events include:

- **Gub Testing:** Students will test for their next rank. These will be posted in the newsletter.
- **Team Practice & Meetings:** Time for the tournament team, demo team, community team and SWAT team to meet and practice. This will be scheduled by the team manager and communicated in the newsletter.
- **Birthday Parties:** Come celebrate your birthday with a fun martial arts class, pizza, cake and games!

Any unscheduled time will be used for open mat and private instruction:

- **Open Mat:** Black Belt Club and Master Club members can train on the mat during any open time. An instructor will be available to help facilitate your training, but will not be formally teaching a class or providing private instruction. Students under 18 years of age must have a parent present at all times.
- **Private Instruction:** One on one help from an instructor. Free for Master Club members. \$15.00 for 15 minutes for all other students. Students may sign up for only 1 session at a time.

### An important note on Open Mat and Private Instruction:

Open mat time is provided to be a free training time for students serious about martial arts. Students who do not focus on their training or horse around during this time will be prohibited from coming to open mat time. Occasionally, one of our scheduled events may run long or be rescheduled and not be consistent with our newsletter. You're welcome to call in advance to ensure the mat is open before coming up if you choose.

Private instruction for existing students is intended to compliment their training and not be done in place of regular attendance. Private instruction requests can be refused if students are not attending regular training classes or if students do not show for scheduled sessions.