



Martial Arts Institute of Louisiana
7575 Westbank Expressway
Marrero, Louisiana 70072

Schedule effective January 1, 2014. Subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*
5:30-6:00pm 3 & 4 year olds	5:45-6:30pm Competition Class	5:30pm 3 & 4 year olds	5:45-6:30pm Competition Class	5:30-6:00pm 3 & 4 year olds
6:00-7:00pm 5 - 8 year olds	6:30-7:15pm Bayou Boot Camp	6:00pm 5 - 8 year olds	6:30-7:15pm Bayou Boot Camp	6:00-7:00pm 5 - 8 year olds
7:00-8:00pm 9 - 12 year olds	7:15-8:00pm Advanced Class* (Green - Black Belts)	7:15pm 9 - 12 year olds	7:15-8:00pm Advanced Class* (Green - Black Belts)	7:00-8:00pm 9 - 12 year olds
8:00-9:00pm 13 and up	8:00pm Bayou Boot Camp	8:00pm 13 and up	8:00pm Bayou Boot Camp	8:00-9:00pm 13 and up
				** SPARRING NIGHT ** Bring your pads to class!

**Advanced Classes -- Classes are Tuesdays and Thursdays, and Fridays according to your age.*

**Each Friday is designated for sparring. Please be sure to bring your pads. Please see office staff if you need equipment!*

SATURDAY (biweekly schedule)	
6:00-8:00am	Black Belt Class
8:00-10:00am	Private Lessons with Master Chris
<i>*30-minute private lessons are held on a first-come, first-served basis and are limited to four sessions. If your lesson includes sparring practice, other students may be participating with you.</i>	

Private lessons are held every other Saturday, and by request ONLY.

If there is a team competition conflict, private lessons and Black Belt classes will be rescheduled to the following Saturday.