

**OAKLAWN Facility**

845 Oaklawn Avenue  
Cranston, RI  
401.275.2334

**SUPERIOR MARTIAL ARTS AND FITNESS**

**CLASS SCHEDULE**

**2012**


**WALNUT Facility**

60 Walnut Grove Avenue  
Cranston, RI  
401.709.2337

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Time	Saturday	
	Oaklawn	Walnut	Oaklawn	Walnut	Oaklawn	Walnut	Oaklawn	Walnut	Oaklawn	Walnut		Oaklawn	Walnut
4:00											8:00		
4:15											8:15		
4:30	TDTKD			TDTKD	TDTKD			TDTKD		TDTKD	8:30		
4:45											8:45		
5:00	CBTKD			CBTKD	CBTKD			CBTKD		ALL	9:00		
5:15										Belts	9:15		
5:30										TKD	9:30	ALL	
5:45	CATKD			CATKD	CATKD			CATKD			9:45	Belts	
6:00			Zumba	Black				Black			10:00	TKD	
6:15				Belt				Belt			10:15		
6:30	Zumba				Zumba			Cage			10:30	ADTKD	
6:45											10:45		
7:00			Cage					Systema			11:00		
7:15											11:15		
7:30	ATKD		Systema		ATKD						11:30	Systema	
7:45											11:45		
8:00											12:00		
8:15											12:15		
8:30											12:30		
8:45											12:45		
9:00											1:00		


 - Tiny Dragons TKD

 - Children Beginner TKD

 - Children Advance TKD

 - Adult TKD

 - Zumba, Latin Dance Fitness Program

 - Cage Fitness, MMA Workout Program

 - Systema, Russian Special Forces Personal Protection Program