

CHUNG'S MARTIAL ARTS CENTER

Tel. 301.384.8847 Fax: 301.384.4180 www.cmacenter.com



744 Cloverly Street., Silver Spring MD 20905

Silver Spring Studio

MOM & ME CLASS (Age 1~ 3)

	Mon	Tue	Wed	Thu	Fri	Sat
Tiny Tigers		10:30 a.m.		10:30 a.m.		

TIGERS CUBS CLASS (Age 3~5)

Tiger Cubs		4:30 p.m.			4:30 p.m.	10:30 a.m.
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CHILDREN CLASS

White		5:45 p.m.		6:00 p.m.	5:00 p.m.	11:00 a.m.
Yellow		5:00 p.m.		5:15 p.m.	5:35 p.m.	11:35 a.m.
Green	5:35 p.m.		4:40 p.m.		5:35 p.m.	11:35 a.m.
Blue	4:50 p.m.		5:25 p.m.		6:20 p.m.	11:35 a.m.
Red		6:20 p.m.		4:30 p.m.	6:20 p.m.	11:35 a.m.
P.B & D.B		6:20 p.m.		4:30 p.m.	6:20 p.m.	11:35 a.m.
Black	6:20 p.m.			6:35 p.m.		

TEEN & ADULT CLASS

All Color Belts		7:05 p.m.		7:25 p.m.		9:30 a.m.
Black	8:00 p.m.		8:00 p.m.	6:35 p.m.		
Kickboxing		6:30 p.m.		6:30 p.m.	8:05 p.m.	

Other Classes

Family Class	7:10 p.m.		6:10 p.m.			
Dream Team			7:00 p.m.		7:05 p.m.	
Demo Team						12:30 p.m.
Kum Do (Sword Class)		7:50 p.m.		8:10 p.m.		

Additional Services

* *After School
Martial Arts Program*

Improve their study habits, build self-confidence, get the exercise they need after school and have fun, too. Transportation, everyday martial arts class, doing the homework, fun games is included.

* *Summer Day camp*

Enjoy a break from the summer heat by joining our summer day camp. It includes all kinds of activities like weapon class, swimming, miniature golf, bowling, skating, movie theater, arts & crafts and much more. (early registration starts from Dec.)

* *Birthday Party*

Who better to help celebrate your child's birthday than the fun and enthusiastic instructors at our school? 1 ½ hour party includes a high-energy class and fun games.

* *Tiger Demo Team
& Dream Team*

Specialized teams that help you gain a greater understanding of martial arts.

