

CHUNG'S MARTIAL ARTS CENTER

13340 Clarksville Pike Highland, MD 20777
 Tel. 301.854.0515 Fax: 301.854.0919 www.cmacenter.com

TIGERS CUBS CLASS (Age 3~5)

	Mon	Tue	Wed	Thu	Fri	Sat
Tiger Cubs		4:45 p.m.		4:45 p.m.		10:30 a.m.

CHILDREN CLASS

White			5:00 p.m.		5:00 p.m.	11:00 a.m.
Yellow		5:15 p.m.		5:15 p.m.	5:35 p.m.	11:35 a.m.
Green	5:00 p.m.		5:35 p.m.		5:35 p.m.	11:35 a.m.
Blue	5:45 p.m.		6:20 p.m.		6:20 p.m.	11:35 a.m.
Red	6:30 p.m.		7:05p.m.		6:20 p.m.	11:35 a.m.
P.B & D.B	7:15 p.m.		7:05p.m.		6:20 p.m.	11:35 a.m.

TEEN & ADULT CLASS

All Color Belts			8:00 p.m.		7:50 p.m.	12:20 a.m.
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Other Classes

Family Class	8:00 p.m.				7:05 p.m.	
Dream Team						8:30 a.m.

Additional Services

- * *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.
- * *Women`s Self-defense* We developed various martial arts for women`s self-defense. You will learn to be Able to effectively deal with a violent encounter and learn to manage fear, stress And disadvantage.
- **Tiger Demo Team & Dream Team* Specialized teams that help you gain a greater understanding of martial arts.