



The Edge Martial Arts & Fitness
 1654 Market Drive | Stillwater, MN 55082
 School (651) 351-7750 – Fax (651) 351-7760
 www.EdgeMN.com

Dragons	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ages 4 – 6 All Levels	4:15 – B	5:00 – B	5:00 – B			10:00 – B
Ages 7 – 12						
White	5:00 – A	6:30 - B		5:00 – A		10:00 – A
Gold - Green	5:45 – A	5:45 – B	5:00 – A		5:00 – A	10:30 – A
Purple - Red Stripe	6:30 – A	5:00 – A	5:45 to 6:30 Open Workout Private Lessons		5:00 – A	11:00 – A
Red - Brown Stripe		5:45 – A		5:45 – A	5:45 – A	11:00 – A
Brown - 2nd Black Stripe		5:45 – A		5:45 – A	5:45 – A	11:00 – A
Black		6:30 – A		6:30 – A	6:30 – A	11:00 – A
Ages 13 - 99						
White	5:00 – A	6:30 – B		5:00 – A		10:00 – A
Gold / Green	5:45 – A	7:15 – B	5:45 to 6:30 Open Workout / Private Lessons		5:00 – A	10:30 – A
Purple - Red Stripe	6:30 – A	7:15 – B			5:00 – A	11:45 – A
Red - Brown Stripe	7:15 – A			5:45 – A	5:45 – A	11:45 – A
Brown - 2nd Black Stripe	7:15 – A			5:45 - A	5:45 – A	11:45 – A
Black	7:15 – A	7:15 – A		6:30 – A	6:30 – A	11:45 – A
Day Classes – Wednesdays Dragons 10AM White Belt 10:30 Open Workout 11:00						
JIU-JITSU 16 & UP	8:00PM		8:00PM			1:00PM
KICKBOXING 16 & UP			6:30PM	More Kicking coming Fall 2010		
FREE INTRO CLASSES	5:00PM		6:30PM	5:00PM		9:30AM
Saturday Classes are always sparring Full sparring gear is Required to attend Except for White Belt & Dragons Classes	Fridays Classes		FREE INTRO CLASSES 20 Minute Introductory Classes for new and 1 st time students. Spots are limited so you must reserve your spot with the office. Intro Classes start September 6th, 2010			
	CLUB MEMBERSHIP IS REQUIRED.					
	All classes are taught by Certified Black Belts					

*Students Gold Belt & Above Should Bring Sparring Equipment to Class regardless.
 Students need to Ready Before Class and need to enter classroom before bow in.*