

# Barcelona Martial Arts Academy

## Class Schedule for 2009

| Class Subject                      | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Saturday                 |
|------------------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--------------------------|
| <b>Grappling</b>                   | 7:00pm<br>To<br>8:00pm  | -----                   | 7:00pm<br>To<br>8:00pm  | -----                   | 7:00pm<br>To<br>8:00pm  | -----                    |
| <b>Total Self Defence</b>          | -----                   | 7:00pm<br>To<br>8:00pm  | -----                   | 7:00pm<br>To<br>8:00pm  | -----                   | 12 Noon<br>To<br>1:00pm  |
| <b>Thai Boxing</b>                 | 8:00pm<br>To<br>9:00pm  | 8:00pm<br>To<br>9:00pm  | 8:00pm<br>To<br>9:00pm  | 8:00pm<br>To<br>9:00pm  | 8:00pm<br>To<br>9:00pm  | -----                    |
| <b>Combat Submission Wrestling</b> | 9:00pm<br>To<br>10:00pm | -----                   | 9:00pm<br>To<br>10:00pm | -----                   | 9:00pm<br>To<br>10:00pm | -----                    |
| <b>Full Body Fitness</b>           | -----                   | 9:00pm<br>To<br>10:00pm | -----                   | 9:00pm<br>To<br>10:00pm | -----                   | 11:00am<br>To<br>12 Noon |

**Our facilities are located on C/ Congost 18 (local on the right of the residential building) in the Gracia neighborhood of Barcelona city, close to Fontana Metro.**

**Call 620 789 409 to set up your First Free Trial Class TODAY!**