

# Youth Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00a-11:00a						Youth Wrestling
11:00a-11:30a						Little Leaders Karate
4:00p-4:30p	Little Leaders Karate					<p><b>Hours of operation:</b> 5:30a - 10p Mon - Thu 5:30a - 9p - Fri 9a - 5p - Sat, Sun</p> <p><b>Phone:</b> 216-520-0271</p> <p><b>Email:</b> info@strongstyle.com</p> <p><b>Website:</b> strongstyle.com</p> 
5:00p-5:45p	Youth MMA Striking	Youth Conditioning	Youth MMA Drilling and Techniques	Youth Conditioning	Youth MMA Grappling	
5:45p-6:30p	Youth Conditioning	Youth MMA Grappling	Youth MMA Sparring	Youth MMA Striking	Youth Conditioning	
6:00p-6:30p			Little Leaders Karate			

# ***Strong Style* Class Descriptions**

**Little Leaders (3-5 years old)** - This is an introduction to Martial Arts and organized physical activities. We use Martial Arts as a tool to help kids learn how to follow directions, get along with others, build confidence and respect. We will prepare them for the next level of training here at Strong Style.

## **Youth MMA program (6 -12 yrs old) –**

Our Youth MMA program is based on the major forms of Martial Arts. Students will learn Boxing, Brazilian Jiu-Jitsu, Wrestling, Muay Thai Kickboxing, Judo and other major forms of Martial Arts. A truly unique program that combines effective techniques, practical self-defense, functional conditioning and discipline.

### **Equipment needed:**

**Youth Striking:** Boxing gloves & hand wraps

**MMA Sparring:** Boxing gloves, hand wraps, mouth piece, shin guards & cup (for boys)