



# Leading Edge Martial Arts Weekly Class Schedule

3239 Hamilton Blvd.  
Allentown PA  
Dorneyville Shopping Center  
610 434 EDGE (3343)  
www.leadingedgema.com

Please remember to check the monthly calendar for special events.  
Events on the calendar supersede the regular class schedule and may effect  
class times and availability.

*Note: Students arriving after class begins must wait at door to be granted permission  
by instructor to enter class.  
If student misses warm ups completely, they will not be permitted in class..*

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>
Child White <b>(BEGINNER)</b> 4:15-5:00pm	Adult All Belts 12:30pm-1:15pm	Child White <b>(BEGINNER)</b> 4:15-5:00pm	Adult All Belts 12:30pm-1:15pm	Child Purple-Black 4:30-5:15pm	Child Yellow-Orange 8:30-9:30am
Child Yellow-Orange 5:00-6:00pm	Child Yellow-Orange 4:30-5:30pm	Child Black Belt Candidate (Front Mat) 4:30-5:15pm	Child Green-Blue 4:30-5:30pm	Child Green-Blue 5:15-6:00pm	Child Green-Blue 9:30-10:30am
Child Purple-Black 6:00-7:00pm	Child White <b>(BEGINNER)</b> 5:30-6:15pm	Child Green-Blue 5:00-6:00pm	Child White <b>(BEGINNER)</b> 5:30-6:15pm	Child Yellow-Orange 6:00-6:45pm	Child Purple-Black 10:30-11:30am
Adult Purple-Black 7:45-8:45pm	Child Green-Blue 6:15-7:15pm	Jr. Black Belt (Front Mat) 5:15pm-6:00pm	Child Yellow-Orange 6:15-7:15pm	Adult Color Belts 6:45-7:30pm	Child White <b>(BEGINNER)</b> 11:30-12:15pm
Adult Basic Concepts Grappling 8:45-9:45pm	Adult White <b>(BEGINNER)</b> 7:15-8:00pm	Child Purple-Black 6:00-7:00pm	Adult White <b>(BEGINNER)</b> 7:15-8:00pm		Adult All Belts 12:15pm-1:15pm
	Adult Color Belts 8:00-9:00pm	Adult White-Blue 7:45-8:45pm	Adult Color Belts 8:00-9:00pm		
		Adult Advanced Concepts Grappling 8:45-9:45pm			

***“If you are right on time, you are fifteen minutes late.” Vince Lombardi***



3239 Hamilton Blvd.  
Allentown, PA 18103  
610-434-3343

# LEMA Fitness Memberships At Leading Edge Martial Arts

## Cage Fitness and Cage Fitness & Then Some



<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>
Cage Fitness 12:15-12:45pm Main Mat	Cage Fitness for Kids 5:00-5:30pm Front Mat	Cage Fitness 12:15-12:45pm Front Mat	Cage Fitness for Kids 5:00-5:30pm Front Mat	Cage Fitness 12:15-12:45pm Front Mat	Cage Fitness & Then Some 9:30-10:30am Front Mat
Cage Fitness for Kids 5:00-5:30pm Front Mat	Cage Fitness 6:15-6:45pm Front Mat	Cage Fitness 6:15-6:45pm Front Mat	Cage Fitness 6:15-6:45pm Front Mat		Cage Fitness for Kids 10:45-11:15am Front Mat
Cage Fitness 6:15-6:45pm Front Mat		Cage Fitness & Then Some 7:00-8:00pm Front Mat			
Cage Fitness & Then Some 7:00-8:00pm Front Mat					

**Free Introductory Class Available.....Must Call For appointment!**

**Fitness Membership Rates: Punch Cards can be used towards any of the fitness classes.**

**10 classes \$80 = \$8 per class (2 month expiration)**

**20 classes \$140 = \$7 per class (4 month expiration)**

**LEMA Premium Membership—Unlimited Fitness Classes**



*(Ask a staff LEMA staff member for details)*

**\*Cage Fitness for Kids is for children ages 8 and older, special exceptions must be approved by Sensei\***

**Register for Cage Fitness Classes online at [www.leadingedg martialarts.com](http://www.leadingedg martialarts.com) or reserve your bag by signing up at the office.**

**The “& Then Some” portion of the Cage Fitness & Then Some classes is a bonus program and subject to instructor availability.**

**Participants must attend Cage Fitness portion of the class to be eligible to participate in “& Then Some”**