



2550 Brodhead Rd. Suite 210
 610 868 EDGE (3343)
 www.leadingedgema.com

Leading Edge Martial Arts

Weekly Class Schedule

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.*

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	<i>Cage Fitness</i> 12:00-12:30pm <i>Adult All Belt</i> 12:30-1:15pm		<i>Cage Fitness</i> 12:00-12:30pm <i>Adult All Belt</i> 12:30-1:15pm		<i>Cage Fitness</i> 8:30-9:00am
Child White Belts (BEGINNER) 4:15-5:00pm	Child Green-Blue Belts 4:15-5:15pm	Child White Belts (BEGINNER) 4:15-5:00pm	Child Yellow-Orange Belts 4:15-5:15pm	Child Purple-Red Belts 4:15-5:00pm	Child Yellow-Orange Belts 9:15-10:00am
Child Yellow- Orange Belts 5:00-6:00pm	Child White Belts (BEGINNER) 5:15-6:00pm	Child Green-Blue Belts 5:00-6:00pm	Child White Belts (BEGINNER) 5:15-6:00pm	Child Green-Blue Belts 5:00pm-5:45pm	Child White Belts (BEGINNER) 10:00am-10:45am
Child Purple-Black Belts 6:00-7:00pm	Child Yellow- Orange Belts 6:00-7:00pm	Child Purple-Black Belts 6:00-7:00pm	Child Green-Blue Belts 6:00-7:00pm	Child Yellow-Orange Belts 5:45-6:30pm	Child Green-Blue Belts 10:45-11:30am
<i>Cage Fitness</i> 7:00-7:30pm	<i>Cage Fitness</i> 7:00-7:30pm	<i>Cage Fitness</i> 7:00-7:30pm	<i>Cage Fitness</i> 7:00-7:30pm	All Brown-Black Belts 6:30-7:15pm	Child Purple-Black Belts 11:30-12:15pm
<i>Private Introductory Class</i> 7:00pm	Adult White 7:45-8:30pm	<i>Private Introductory Class</i> 7:00pm	Adult White Belts 7:45-8:30pm		Adult All Belts 12:15-1:00pm
Adult All Belts 7:45-8:45pm	Adult Yellow-Black Belts 8:30-9:30pm	Adult All Belts 7:45-8:45pm	Adult Yellow-Black Belts 8:30-9:30pm		<i>Private Introductory Class</i> 1:00pm

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



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LEMA Fitness Memberships At Leading Edge Martial Arts



Mon.	Tues.	Wed.	Thurs.	Sat.
<i>Cage Fitness 7:00-7:30pm</i>	<i>Cage Fitness 12:00-12:30pm And 7:00-7:30pm</i>	<i>Cage Fitness 7:00-7:30pm</i>	<i>Cage Fitness 12:00-12:30pm And 7:00-7:30pm</i>	<i>Cage Fitness 8:30-9:00am</i>

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 (for martial arts students)—Unlimited Fitness Classes

LEMA Kinder Kicks Schedule

Mon.	Tues.	Wed.	Thurs.
<i>Jumping Joey "ENERGY" 5:30-6:15pm</i>	<i>Leadership Lion "POWER" 5:30-6:15pm</i>	<i>Jumping Joey "FOCUS" 10:30-11:15am Leadership Lion "RESPECT" 11:30-12:15pm</i>	<i>Leadership Lion "COURAGE" 5:30-6:15pm</i>

LEMA Kinder Kicks



Jumping Joey— 18 months-3 years

This curriculum is designed to explore basic motor and social skills, increase physical strength, flexibility, and coordination by employing introductory martial arts skills and fitness concepts.



Leadership Lion— 3 years to 4 1/2 years

This class is designed to nurture your child's independence and encourages a positive attitude towards physical exercise through basic martial arts techniques, sports and fitness concepts.

Classes meet ONCE a week for 16 weeks. (We have several sessions running at one time) The 16 week program of the program is only \$320 and includes their official Kinder Kicks T-shirt (Jumping Joey) or their first official LEMA uniform (Leadership Lion). Call 610-868-3343 for more information or a free trial class.