



Ninjitsu; Jujitsu; Brazilian Jujitsu; Kickboxing; Combat Kali

6916 Maple Street

402-932-8348

(Inside Heartland Performing Arts Academy)

Belt Structured classes

Kinder kickers:	Monday	6:15p.m.-7:00p.m.
	Thursday	6:15p.m.-7:00p.m.
Junior level:	Monday	7:00p.m.-8:00p.m.
	Thursday	7:00p.m.-8:00p.m.
Senior level:	Mondays	8:00p.m.-9:00p.m.
	Thursday	8:00p.m.-9:00p.m.
	Saturday	12:00p.m.-1:00p.m.

Specialty Classes

Combat Kali:	Saturday	1:00p.m.-2:00p.m.
Brazilian Jujitsu:	Wednesday	8:00p.m.-9:00p.m.
Women Self Defense:	Saturday	2:00p.m.-3:00p.m.
Private lessons:	*Call to set up times	