

# Martial Arts Fitness

## Class Schedule

[www.edatkd.com](http://www.edatkd.com)



Eastern Defensive Arts Academy  
238-9 South West End Blvd  
Quakertown, PA 18951  
215-536-8474

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Daytime</b> Fitness Kickboxing 9:30 - 10:30 am		<b>Daytime</b> Fitness Kickboxing 9:30 - 10:30 am		<b>Daytime</b> Fitness Kickboxing 9:30 - 10:30 am	
	<b>Evening</b> Fitness Kickboxing 6:00 - 7:00 pm		<b>Evening</b> Fitness Kickboxing 6:00 - 7:00 pm	<b>MA Stamina &amp; Conditioning</b> 6:30 - 7:30 pm	

- Members must wear protective gear on hands for heavy bag work.
- Classes are for ages 13 and up.
- Shoes must be clean and free of water and dirt. Sometimes members have tracked dirt, small pebbles, and water into the training floor due to dirty shoes. Please keep the floor clean.
- Some members who train in martial arts prefer to train in bare feet. This is discouraged, but you may do so at your own risk.
- Please stop for water breaks whenever you desire.

**NO BLACK SOLED SHOES! They scuff up the mats.**

Classes are occasionally and routinely canceled for special events and holidays.

Please check the school's website (newsletter page) for the latest news on class cancellations.

Also check the school's monthly newsletter available at the front counter.

[www.edatkd.com](http://www.edatkd.com)