



PRIDE MARTIAL ARTS ACADEMY

5451 Sheridan Drive, NY 14221 (Williamsville Place Plaza)

www.AmherstPrideMMA.com • (716) 565-0202

How to use our “Flexible” Schedule

1. Select 3 class times per week
2. BBC Weapons will be taught on “A Days”
3. Weapons not taught every cycle
4. Please call if you will be out for extended time

WINTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A Day	A Day	B Day	B Day	C Day	C Day
10:00 – 11:00 Instructor Training	11:00 – 12:00 All Adults	10:00 – 11:00 Instructor Training	11:00 – 12:00 All Adults	10:00 – 11:00 Instructor Training	Champions 3-5 Juniors 6-13 Adults 13 & Up
4:00 – 4:45 Champions	4:00 – 4:45 Champions	4:00 – 4:45 Champions	4:00 – 4:45 Champions	4:00 – 4:45 Champions	9:00 – 9:45 Champions
5:00 – 5:45 Junior Basic	5:00 – 5:45 Junior BBC	5:00 – 5:45 Junior Basic	5:00 – 5:45 Junior BBC	5:00 – 5:45 Junior BBC	10:00 – 10:45 Junior Basic
6:00 – 6:45 Junior BBC	6:00 – 6:45 Junior Basic	6:00 – 6:45 Junior BBC	6:00 – 6:45 Junior Basic	6:00 – 6:45 Adult BBC	11:00 – 11:45 Junior BBC
7:00 – 7:45 Adult Basic	7:00 – 7:45 Adult BBC	7:00 – 7:45 Adult Basic	7:00 – 7:45 Adult BBC	7:00 – 7:45 Reserved	12:00 – 12:45 All Adults
8:00 – 8:45 Adult BBC	8:00 – 8:45 Adult Basic	8:00 – 8:45 Adult BBC	8:00 – 8:45 Adult Basic	8:00 – 8:45 Reserved	1:00 – 3:00 Reserved



HAVE YOUR BIRTHDAY PARTY HERE WITH US!!!

Just bring your camera, sit back and enjoy – we do all the work!!

Each 90-minute party includes an exciting Martial Arts class, pizza and drinks, party supplies and VIP passes for all guests!

Contact Master Patterson for details!!

Share The Benefits Of The Martial Arts!!!

Bring a friend or family member to our special **VIP CLASS** each month, and earn rewards that can be used for your membership and pro-shop!