



PRIDE MARTIAL ARTS ACADEMY

5451 Sheridan Drive, N.Y. 14221 (Williamsville Place Plaza)

www.buffalokickbox.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. BBC Sparring will be taught on “B Days”
4. Weapons not taught every cycle
5. Please call if you will be out for extended time

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 3-6 Juniors 7-13 Adults 13 & Up
4:00 – 4:45 Junior Achievers	4:00 – 4:30 Lil' Champions 4:00 – 4:45 BBC Champions	4:00 – 4:45 Junior Achievers	4:00 – 4:30 Lil' Champions 4:00 – 4:45 BBC Champions	4:00 – 4:45 Reserved	9:00 – 9:30 Lil' Champions 9:00 – 9:45 BBC Champions
5:00 – 5:30 Lil' Champions 5:00 – 5:45 BBC Champions	5:00 – 5:45 Junior BBC	5:00 – 5:30 Lil' Champions 5:00 – 5:45 BBC Champions	5:00 – 5:45 Junior BBC	5:00 – 5:45 Junior BBC	10:00 – 10:45 All Juniors
6:00 – 6:45 Junior BBC	6:00 – 6:45 Junior Achievers	6:00 – 6:45 Junior BBC	6:00 – 6:45 Junior Achievers	6:00 – 6:45 Adult BBC	11:00 – 11:45 Junior Leadership
7:00 – 7:45 Adult Peak Performers	7:00 – 7:45 Adult BBC	7:00 – 7:45 Adult Peak Performers	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 Peak Performers	8:00 – 8:45 Adult Leadership	8:00 – 8:45 Adult Peak Performers	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 Tae Kwon-Do class, pizza and drinks, gift bags 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 CLASSES**, and earn rewards that can be used for your membership and pro-shop!