



## TONY SILVA'S FUSION MARTIAL ARTS

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silvafusion.com

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| Monday                               | Tuesday                             | Wednesday                            | Thursday                            | Friday                                   | Saturday                                     |
|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|--|--|
|                                      |                                     |                                      |                                     |  | 9:00am - 9:45am<br>Cardio Kickboxing         |
| 9:30am-10:15am<br>FusionFIT          | 9:30am-10:15am<br>Cardio Kickboxing | 9:30am-10:15am<br>FusionFIT          | 9:30am-10:15am<br>Cardio Kickboxing |  | 10:00am - 10:30am<br>Mini Ninja/Little Ninja |
|                                      |                                     |                                      |                                     |  | 10:30am - 11:15am<br>Junior Basic            |
|                                      |                                     | 4:00pm - 4:30pm<br>Little Ninja      | 4:00pm - 4:30pm<br>Mini Ninja       | TESTING<br>LAST FRIDAY<br>of EVERY MONTH | 11:15 am - 12:00pm<br>BBC / Masters          |
| 4:00pm - 4:30pm<br>Mini Ninja        | 4:30pm - 5:15pm<br>Master's Club    | 4:30pm - 5:15pm<br>Junior Basic      | 4:30pm - 5:00pm<br>Little Ninja     |  | 12:00pm - 12:30pm<br>Black Belt              |
| 4:30pm - 5:00pm<br>Little Ninja      | 5:30pm - 6:15pm<br>Junior Basic     | 5:15pm - 6:00pm<br>Black Belt Club   | 5:15pm - 6:00pm<br>Black Belt Club  | Special Events &<br>Seminars             | BIRTHDAY<br>PARTIES                          |
| 5:15pm - 6:00pm<br>Junior Basic      | 6:15pm - 7:00pm<br>Black Belt Club  | 6:00pm - 6:45pm<br>BJJ Kids          | 6:00pm - 6:45pm<br>Master's Club    |  |  |
| 6:00pm - 6:45pm<br>Master's Club     | 7:00pm - 7:45pm<br>BJJ Kids         | 7:00pm - 7:45pm<br>Cardio Kickboxing | 7:00pm - 7:45pm<br>BJJ Kids         |  |  |
|                                      |                                     |                                      |                                     |  | SUNDAY                                       |
| 7:00pm - 7:45pm<br>Cardio Kickboxing | 7:00pm - 7:45pm<br>A/T BJJ OPEN MAT | 7:45pm - 9:00pm<br>A/T BJJ BASICS    | 7:45pm - 8:30pm<br>Adult MMA        |  | 10:00am - 12pm<br>Adult BJJ at BJJA          |
| 7:45pm-9:00pm<br>Adult/Teen BJJ      | 7:45pm - 8:30pm<br>Adult MMA        |                                      | 8:30pm-9:30pm<br>Adult/Teen BJJ     |  |  |

Bring HOME the benefits of the Martial Arts by signing up for Fusion's Online Curriculum Database: **THE DIGITAL DOJO**

Visit [www.silvafusion.com](http://www.silvafusion.com) to Sign Up

|                  |  |
|------------------|--|
| Mini Ninja       | Ages 3,4                               |
| Little Ninja     | Ages 4,5,6                             |
| Junior Basic     | Ages 6-12 (White, Yellow, Orange)      |
| Black Belt Club  | Ages 6-12 (Green, Blue, Purple)        |
| Master's Club    | Ages 6-12 (Red, Brown, Black)          |
| BJJ Kids         | Ages 6-12 (All Ranks. Additional Fee.) |
| Kima Warrior     | Women's Only BJJ Club                  |
| Adult/Teen BJJ   | Ages 13 to Adult                       |
| Adult/Teen MMA   | Ages 13 to Adult                       |
| Cardio/FusionFit | Fitness Classes                        |

Private Lessons Available

### IMPORTANT RULES TO FOLLOW:

- Students are responsible for ID cards at the front desk in order to be properly credited for their class
- Fusion Martial Arts T-Shirts may be worn in class from May 1<sup>st</sup> to November 1<sup>st</sup> (unless otherwise noted by the instructor)
- No gum chewing or jewelry of any kind is allowed in class.
- NO SHOES to be worn on the mat!  
(Fusion Fitness classes are allowed to wear shoes ONLY if carried in and out of the facility)
- Sparring Gear is to be brought to class every 2 weeks as posted by the Instructor. Students who do not bring in their full equipment will not be able to participate in the sparring section of that class.

These Rules and Regulations are for the Students Safety as Education is our priority at Fusion. Thank you for your cooperation.



Proud Affiliate of  
**BJJ SHORE ACADEMY**

DOWNLOAD TEAM APP and search for "SILVA FUSION"



Don't forget to "Like" our Facebook page  
for all the school updates.  
**Tony Silva's Fusion Martial Arts**



