

# Moncreaff's Martial Arts, Yoga and Fitness

485 Great Road (Rt. 2A/119) Acton, MA 01720

www.moncreaffkenpo.com 978-264-2904



## Children's Schedule of Classes Effective September 1, 2023

<b>Little Dragons Karate Ages 4-6</b>	
Monday:	4:30 PM
Tuesday:	4:30 PM
Wednesday:	4:30 PM
Thursday:	4:30 PM
Saturday:	11:15 AM

<b>Karate Kids- Ages 7-12</b> <b>Ranked White, 1/2 White/Yellow, and Yellow</b>	
Monday:	4:30 PM
Tuesday:	4:30 PM
Wednesday:	4:30 PM
Thursday:	4:30 PM
Saturday:	11:15 AM

Missed Kenpo classes can be made up with *Free Semi-Private Lessons*. See Professor Moncreaff for details. (The student must have missed a minimum of 2 weeks of classes in one month to qualify.)

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## Intermediate and Advanced Karate

### Children's Schedule Effective September 1, 2023

#### Modern Kenpo Karate

<b>Karate Kids Ages 7-12</b> <b>Ranked ½ Yellow/Orange, Orange, ½ Orange/Purple,</b> <b>Purple, Purple/Blue, Blue and Up</b>	
Monday:	5:30-6:30 PM - Tournament Team Practice
Tuesday:	5:30-6:30 PM - Regular Class
Wednesday:	5:30-6:30 PM- Regular Class
Thursday:	5:30-6:30 PM - Regular Class
Saturday:	12:15-1:10 PM - Regular Class

#### Chanbara - Weapons Class

Saturday: 1:10-2:05 PM

To sign in to your classes in advance please use our Mindbody App. Let us know if you need help.

Missed Kenpo classes can be made up with *Free* Semi-Private Lessons. See Professor Moncreaff for details. (The student must have missed a minimum of 2 weeks of classes in one month to qualify.)

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## Teen and Adult Classes Schedule Effective July 1, 2023

### Modern Kenpo Karate

Teen/Adult Karate	
Monday:	6:45-8:00 PM - Tournament Team Practice
Tuesday:	6:45-8:00 PM - Regular Class
Wednesday:	6:45-8:00 PM - Regular Class
Thursday:	6:45-8:00 PM - Regular Class
Saturday:	2:15-3:30 PM - Regular Class
Saturday:	3:30-4:15 PM - Leadership Team Training Class

### Teen Chanbara - Weapons Class

Saturday: 1:10-2:05 PM

To sign in to your classes in advance please use our Mindbody App. Let us know if you need help.

Missed Kenpo classes can be made up with *Free* Semi-Private Lessons. See Professor Moncreaff for details. (The student must have missed a minimum of 2 weeks of classes in one month to qualify.)

# Modern Kenpo Karate

Try any of our Martial Arts programs for 1 week for FREE!

## Little Dragons ages 4-6 and Karate Kids ages 7-12

- \$159.00 per month for 2 classes a week
- \$189.00 per month for 3 classes a week

## Intermediate and Advanced Karate Kids, and Teen/Adult Karate Pricing

- \$175.00 per month - 2 classes a week
- \$209.00 per month - 3 classes a week
- \$235.00 per month - Unlimited classes

There are 4 Karate classes, 1 Chanbara class, 1 Leadership class, and 1 Tournament Prep class per week. 7 classes in total available weekly.)

## Modern Kenpo Karate Private Lessons

- 60 minute: \$100 for individual or Semi-Private (2 or more students) \$75 per person.
- 45 minute: \$80 for individual or Semi-Private (2 or more students) \$60 per person.
- 30 minute \$60 for individual or Semi-Private (2 or more students) \$40 per person.

## Family Modern Kenpo Karate Discounts

- Unlimited Martial Arts classes for 3 family members: \$449.00 a month.
- Unlimited Martial Arts classes for 4 family members: \$559.00 a month.

## No Belt Testing Fees Ever

At Moncreaff's Martial Arts, Yoga and Fitness, You Earn Your Belt. You Don't Buy It! (Warning: At other martial arts schools surprise belt testing fees can cost thousands of dollars per year.)

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## Mixed Aerial Arts Schedule Effective August 1, 2023



<b>Mixed Aerial Arts for Kids and Teens</b>	
<b>Ages 8-17</b>	
Friday:	4:30-5:30 PM



<b>Acroyoga for Adults</b>	
Friday:	6:00-7:15 PM



## Mixed Aerial Arts Pricing

### Classes Pricing

- 10 Class cards are \$245.00
- 6 Class cards are 159.00.
- Drop-ins are \$35.00 for Aerial Arts, Circus Arts, and Acroyoga.

### Private Lessons

- 60 minute: \$120 for individual, Semi-Private lesson (2 or more students) \$75 per person.
- 45 minute: \$80.00 for individual or Semi-Private (2 or more students) \$60 per person.
- 30 minute \$60 for individual, Semi-Private lesson (2 or more students) \$40.00 per person.