

# 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 January 1, 2022

<b>Little Dragons Karate Ages 4-6</b>	<b>In-Person</b>
Monday: 4:30 PM	✓
Tuesday: 4:30 PM	✓
Wednesday: 4:30 PM	✓
Thursday: 4:30 PM	✓
Saturday: 12:00 PM	✓

<b>Karate Kids- Ages 7-12</b> <b>Ranked White, 1/2 White/Yellow, and Yellow</b>	<b>In-Person</b>
Monday: 4:30 PM	✓
Tuesday: 4:30 PM	✓
Wednesday: 4:30 PM	✓
Thursday: 4:30 PM	✓
Saturday: 12:00 PM	✓

<b>Aerial Arts for Kids</b>	<b>In-Person</b>
Friday 4:15-5:30 PM	✓

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## Intermediate and Advanced Karate Children's Schedule Effective January 1, 2022

### Karate

<b>Karate Kids Ages 7-12</b> Ranked ½ Yellow/Orange, Orange, ½ Orange/Purple, Purple, and Up	<b>In-Person</b>	<b>Zoom</b> 895 587 562
Monday: 5:30 PM	<input checked="" type="checkbox"/>	
Tuesday: 5:30 PM	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Wednesday: 5:30 PM	<input checked="" type="checkbox"/>	
Thursday: 5:30 PM	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Saturday: 12:00-1:00 PM	<input checked="" type="checkbox"/>	

<b>Chanbara - Weapons Class</b>	<b>In-Person</b>
Saturday: 1:15-2:00 PM	<input checked="" type="checkbox"/>

### Circus Arts

<b>Aerial Arts for Kids</b>	<b>In-Person</b>
Friday 4:15-5:30 PM	<input checked="" type="checkbox"/>

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

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## Teen and Adult Classes Schedule Effective January 1, 2022

### Modern Kenpo Karate

Teen/Adult Karate	In-Person	Zoom 165 899 339
Monday: 6:45-8:00 PM	✓	
Tuesday: 6:45-8:00 PM	✓	✓
Wednesday: 6:45-8:00 PM	✓	
Thursday: 6:45-8:00 PM	✓	✓
Saturday: 2:15-3:30 PM	✓	

Chanbara - Weapons Class	In-Person
Saturday: 1:15-2:00 PM	✓

### Circus Arts

Acroyoga/Aerial Arts for Teens/Adults	In-Person
Friday 5:45-7:00 PM	✓
Saturday: 4:00-5:15 PM	✓

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

# Modern Kenpo Karate

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

## Little Dragons Modern Kenpo Karate for ages 4-6

- \$139.00 per month.

## Modern Kenpo Karate for ages 7 to Adult:

- \$155.00 per month for students ranked White and Yellow Belt.
- \$165.00 a month for students ranked Orange and Up:

## 60 Minute Modern Kenpo Karate Private Lessons:

- \$100 for individual • Semi-Private Lesson (2 or more students) \$50 per person.

## Family Modern Kenpo Karate Discounts:

- Unlimited Martial Arts classes for the entire family \$399.00 a month. (Maximum of 5 students per family)

**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 belt testing fees can cost hundreds of dollars per year.)

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.)

# Yoga and Circus Arts

## Yoga, Aerial, Circus and Acrobatics Classes Pricing:

- \$249.00 for 10 Class Card
- \$30.00 for Aerial Arts, Circus Arts, and Acroyoga Drop-ins.
- Discounted pricing available for Karate students. Please ask for more details.

## 60 Minute Yoga, Aerial, Circus and Acrobatics Private Lessons:

- \$100 for individual • Semi-Private Lesson (2 or more students) \$50 per person.

