



# Freddie Poole's Martial Arts

7410 Preston Rd, suite 105, Frisco TX 75034

Phone: (214)705-9676 www.freddiepoole.com

FPMA Frisco	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30am						Dragons (30min) Kids 4-6 yrs. old
10:15am						Beginners-MA(45min) Juniors Kids 7-12 yrs. old
11:00am						Kids (Leadership) Weapon Class(45min)
12:00pm						Adults Kickboxing/Muay Thai Conditioning
3:45to 4:15pm	Dragons Intro MA Kids 4-6 yrs old		Dragons Intro MA Kids 4-6 yrs old		Dragons Intro MA Kids 4-6 yrs old	
4:30to 5:00pm	Beginner-MA Juniors Kids 7-12yrs old		Beginner- MA Juniors Kids 7-12yrs old		Beginner-MA Juniors Kids 7-12yrs old	
5:00pm	Int/Adv. Martial Arts Kids 7-12 yrs old	Dragons Intro MA Kids 4-6 yrs. old	Int/Adv. Juniors Kids 7-12 yrs old	Dragons Intro MA Kids 4-6 yrs. old		
5:30pm		Youth(Leadership) Brazilian Jiu-jitsu		Youth(Leadership) Brazilian Jiu-jitsu	Adult Brazilian Jiu-jitsu	
6:30pm to 7:30pm	Adults Kickboxing/Muay Thai Conditioning	Adult Martial Arts	Adults Kickboxing/Muay Thai Conditioning	Adult Martial Arts		
7:30pm to 8:30pm	Combat Wing Chun Kung Fu	Adult Brazilian Jiu-jitsu	Combat Wing Chun Kung Fu	Adult Brazilian Jiu-jitsu		