



# Sochin Martial Arts

462 SW Port Saint Lucie Blvd, Port saint Lucie, FL 34953

phone: 340-2143 [www.SochinMartialArts.com](http://www.SochinMartialArts.com)

## Adult Schedule

| Monday                                               | Tuesday                                  | Wednesday                                            | Thursday                                 | Friday                                               | Saturday                               |
|------------------------------------------------------|------------------------------------------|------------------------------------------------------|------------------------------------------|------------------------------------------------------|----------------------------------------|
| Kick Start<br>30 Minutes Classes<br>from 7:30-9:30am |                                          | Kick Start<br>30 Minutes Classes<br>from 7:30-9:30am |                                          | Kick Start<br>30 Minutes Classes<br>from 7:30-9:30am | 11:00-11:30<br>Boot Camp Fitness       |
| 7:00-7:30pm<br>Boot Camp Fitness                     | 6:30-8:00pm<br>Combat Ju Jutsu           | 7:00-7:30pm<br>Boot Camp Fitness                     | CQC Self-Defense<br>6:00-7pm             | 7:30-8pm<br>Boot Camp Fitness                        | 12:00-1:30pm<br>CQC Self Defense       |
| 7:30-8:30<br>Tae Kwon Do<br>Ages 14+                 | 7:00-8:00pm<br>Royce Gracie<br>Jiu Jitsu | 7:30-8:30<br>Tae Kwon Do<br>Ages 14+                 | 7:00-8:00pm<br>Royce Gracie<br>Jiu Jitsu |                                                      | 1:30-2:30<br>Royce Gracie<br>Jiu-Jitsu |
|                                                      |                                          |                                                      |                                          |                                                      | 2:30-4:00<br>Open Mat                  |

### Important note to Students

All Students must wear a complete, clean uniform to attend class.

Students must wear shoes while entering the school, once inside please store shoes and belongings in a cubby.

A mouth guard and groin protection are required for Jiu Jitsu, as well as during sparring in TKD.

Only registered students are allowed on the mat.

Please keep cell phones on silent while inside the dojo.

Tuition is due on the 1st of each month.

If you have any questions or concerns please speak with your instructor or Shannon. THANK YOU!