

Learn Confidence, Respect, Self-Discipline,
Stranger Danger Defense



Mansfield Martial Arts

2300 Matlock Rd., Ste. 33, Mansfield TX 76063

817-453-7783

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After School	4-5:15pm	4-5:15pm	4-5:15pm	4-5:15pm	4-5:15pm	
Lil Heroes age 4-6	5pm	5:30pm	5pm	5:30pm	5pm	9am
Kids Karate age 7-11	5:30pm	6pm	5:30pm	6pm	5:30pm	9:30am
Adults MMA age 12+	6:30pm	6pm		6pm	6:30pm	
BJJ all ages	6:30pm	7pm	6:30pm	7pm	6:30pm	10:30am
WHAM Women's self defense			6:30pm			7-9am
Boxing		5pm	5:30pm		5:30pm	
Black Belts	7:30pm					
Redzone Fit Boot Camp	5:15am	8:30am	5:15am	8:30am	5:15am	9am