



The Edge Martial Arts & Fitness
 1654 Market Drive | Stillwater, MN 55082
 School (651) 351-7750 - info@edgemn.com
 www.EdgeMN.com

Belt levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN	5:00 PM	4:30 PM	5:00 PM	5:00 PM	4:00 PM	9:45 AM
A = CLASSROOM A B = CLASSROOM B						
Dragons (4-6) White, Gold, Green	6:45 - B	4:30 - B	5:15 - B	5:15 - B	OPEN STARTS 4:00PM ENDS 5:30PM	10:00 - B
AGES 7 TO 12						
White, Gold, Green	6:00 - B	5:15 - B	5:15 - A	6:45 - B	OPEN STARTS 4:00PM ENDS 6:30PM	10:00 - A
Purple, Blue, Red Stripes	5:15 - B	6:00 - B	6:00 - B	6:00 - B		10:45 - A
Red, Browns, Black Stripes	5:15 - A	5:15 - A	6:45 - A	6:45 - A		10:45 - A
Black	5:15 - A	5:15 - A	6:00 - A	7:30 - A		10:45 - A
AGES 13 TO 99						
White, Gold, Green	7:30 - B	6:45 - B	5:15 - A	7:30 - B	OPEN STARTS 4:00PM ENDS 7:30PM	10:00 - A
Purple, Blue, Red Stripes	7:30 - B	6:45 - B	6:00 - B	7:30 - B		11:30 - A
Red, Browns, Black Stripes	7:30 - A	7:30 - A	6:45 - A	6:45 - A		11:30 - A
Black	7:30 - A	7:30 - A	6:00 - A	7:30 - A		11:30 - A
CLOSE	8:30 PM	8:30 PM	8:30 PM	8:30 PM	7:45 PM	12:30 PM
ALL AGES						
JIU-JITSU	6:00 - A	7:30 - B	6:45 - B	6:00 - A		
KICKBOXING	6:45 - A	6:00 - A	7:30 - A			
BLACK BOXES		JIU-JITSU (8+)		CARDIO KICKBOXING (16+)		
ALWAYS SPARRING CLASS FULL SPARRING GEAR REQUIRED		JIU-JITSU GI REQUIRED		EDGE LOGO'D SHIRT & GLOVES REQUIRED		
OPEN WORKOUT						
OPEN MAT TIMES ARE NOT STRUCTURED CLASSES. STUDENTS ARE EXPECTED TO PRACTICE BELT LEVEL RELEVANT CURRICULUM AND BE RESPECTFUL TO OTHERS. STUDENTS WHO ARE DISRUPTIVE WILL NOT BE ALLOWED TO ATTEND OPEN WORKOUTS.						
FRIDAYS - AFTER 5:30PM ONLY 7 & UP ALLOWED IN BUILDING. AFTER 6:30PM ONLY 13 & UP						
UNIFORM OPTIONS FOR CLASS TYPES						
STRIKING	SPARRING	STAND UP	GRAPPLING	WORKOUT		
TRADITIONAL SPARRING	TRADITIONAL SPARRING T-SHIRT	TRADITIONAL JIU-JITSU	TRADITIONAL JIU-JITSU	TRADITIONAL SPARRING T-SHIRT / HOODY		

Students should bring all required equipment and proper uniform to class. Students may not be allowed in class without proper uniform, belt, or gear for class focus. Students need to be ready before class and need to enter classroom before bow in. Late students may not be allowed to attend class.