



Leading Edge Martial Arts

Weekly Class Schedule

3239 Hamilton Blvd.
 Allentown PA
 Dorneyville Shopping Center
 610 434 EDGE (3343)
 LeadingEdgeMartialArts.com

Please remember to check the monthly calendar for special events.
 Events on the calendar supersede the regular class schedule and may effect class times and availability.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	Adult All Belts 12:30-1:15pm	Child White (BEGINNER) 4:15pm-5pm	Adult All Belts 12:30-1:15pm		Child Yellow-Orange 9am-9:45am
Child Purple-Black 4:15pm-5pm	Child Green-Blue 4:15pm-5pm	Child Yellow-Orange 5pm-5:45pm	Child Yellow-Orange 4:15pm-5pm	Child Purple-Black 4:15pm-5pm	Child Green-Blue 9:45am-10:30am
Child White (BEGINNER) 5pm-5:45pm	Child Purple-Black 5pm-5:45pm	Child Black Belt Candidate 5pm-5:45pm	Child Green-Blue 5pm-5:45pm	Child Green-Blue 5pm-5:45pm	Child Purple-Black 10:30-11:15am
Child Yellow-Orange 5:45pm-6:30pm	Child White (BEGINNER) 5:45pm-6:30pm	Child Green-Blue 5:45pm-6:30pm	Child Purple-Black 5:45pm-6:30pm	Child Yellow-Orange 5:45pm-6:30pm	Child White (BEGINNER) 11:15am-12:00pm
Child Green-Blue 6:30pm-7:15pm	Child Yellow-Orange 6:30pm-7:15pm	Jr. Black Belt 5:45pm-6:30pm	Child White (BEGINNER) 6:30pm-7:15pm	Adult Color Belts 6:30pm-7:15pm	Adult All Belts 12:00pm-12:45pm
Adult All Belts 7:45-8:45pm	Adult White (BEGINNER) 7:15-8:00pm	Child Purple-Black 6:30pm-7:15pm	Adult White (BEGINNER) 7:15-8:00pm		
	Adult Color Belts 8:00-9:00pm	Adult All Belts 7:45-8:45pm	Adult Color Belts 8:00-9:00pm		

*Note: Students arriving after class begins must wait at door to be granted permission by instructor to enter class.
 If student misses warm ups completely, they will not be permitted in class..*

“If you are right on time, you are fifteen minutes late.” Vince Lombardi



3239 Hamilton Blvd.
Allentown, PA 18103
610-434-3343

LEMA FIT

Cage Fitness & Kickboxing



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<i>LEMA FIT</i> 12:15-12:45pm <i>Front Mat</i>	<i>LEMA FIT</i> 9:30-10am <i>Front Mat</i>	<i>LEMA FIT</i> 12:15-12:45pm <i>Front Mat</i>	<i>LEMA FIT</i> 9:30-10am <i>Front Mat</i>	<i>LEMA FIT</i> 12:15-12:45pm <i>Front Mat</i>	<i>LEMA FIT</i> 8:45-9:15am <i>Front Mat</i>
<i>Kickboxing</i> 6-6:30pm <i>Front Mat</i>	<i>LEMA FIT</i> 6:30-7pm <i>Front Mat</i>	<i>LEMA FIT</i> 6:30-7pm <i>Front Mat</i>	<i>Cage Fitness</i> 6:30-7pm <i>Front Mat</i>		
<i>Cage Fitness</i> 6:30-7pm <i>Front Mat</i>					

Class Types

- *Cage Fitness—Five x 5 minute rounds on Cage Fitness Bag**
- *Kickboxing—Five x 5 minute rounds on Kickboxing Bag**
- *LEMA FIT—Instructors Choice- Any combination of Cage Fitness or Kickboxing the instructor chooses for the day.**

Requirements

Cage Fitness—Students must have Fingerless Bag Gloves

Kickboxing—Students must have Boxing Gloves

LEMA FIT—Students must bring both types of Gloves

Free Introductory Class Available.....Must Call For appointment!

Fitness Membership Rates: Punch Cards can be used towards any of the fitness classes.

10 classes \$80 = \$8 per class (2 month expiration)

20 classes \$140 = \$7 per class (4 month expiration)

**LEMA Premium Membership—Unlimited LEMA FIT classes
\$40 per month. Auto Pay Option Only**

(Ask a staff LEMA staff member for details)