



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	
DOORS OPEN	5:00 PM	4:15 PM	5:00 PM	5:00 PM	4:00 PM	9:45 AM	
A = CLASSROOM A B = CLASSROOM B							
Dragons (4-6)	6:45 – B	4:30 – B	5:15 – B	5:15 – B	5:15 - A	10:00 – B	
AGES 7 TO 12							
White, Gold, Green	6:00 – B	5:15 – B	6:00 – B		6:45 – B	6:00 - A	10:00 – A
Purple, Blue, Red Stripes	5:15 – B	6:00 – B	5:15 – A		6:00 – B	6:45 - A	10:45 – A
Red, Browns, Black Stripes	5:15 – A	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	5:15 A	7:30 – A	6:45 - A	10:45 – A
AGES 13 TO 99							
White, Gold, Green	7:30 - B	6:45 – A	6:00 – B		7:30 – B	6:00 - A	10:00 – A
Purple, Blue, Red Stripes	7:30 – B	6:45 – A	6:45 – A		7:30 – B	6:45 - A	10:45 – A
Red, Browns, Black Stripes	6:45 – A	7:30 – A	6:45 – A		6:45 – A	6:45 - A	10:45 – A
Black	6:45 – A	7:30 – A	6:00 A	6:45 A	7:30 – A	6:45 - A	10:45 – A
CLOSE	8:30 PM	8:30 PM	8:30 PM		8:30 PM	8:00 PM	11:45 AM
WOMENS DEFENSE							
		7:30 – B					
INTRO CLASS							
		6:45	6:45	5:15	4:30	10:45AM	
ALL LEVELS (7+)							
	6:00 – A		7:30 – B	6:00 – A			
KICKBOXING							
	7:30 – A	6:00 – A	7:30 - A				
SPARRING CLASS		BJJ “ROLLING”			CARDIO KICKBOXING (16+)		
ALWAYS SPARRING CLASS SPARRING GEAR REQUIRED		JIU-JITSU GI REQUIRED			EDGE LOGO'D SHIRT & GLOVES REQUIRED		
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.