



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	5:00 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	6:45 - A	6:45 - A	10:45 - A
CLOSE	8:30 PM	8:30 PM	8:30 PM	8:30 PM	7:45 PM	11:45 AM
INTRO CLASS		6:45	6:45	5:15		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		SELF-DEFENSE		WORKOUT	
TRADITIONAL SPARRING	TRADITIONAL SPARRING T-SHIRT		TRADITIONAL JIU-JITSU(ADV)		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.