



Lion Force Martial Arts
35 E. Uwchlan Ave.
Marsh Creek Corporate Center
Exton, Pa. 19341
484-872-8418
lionforcemartialarts@gmail.com



2024 Class Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Little Lions	5:15pm-5:45pm		5:00pm-5:30pm		4:45pm-5:15pm
Phase 1 White, Camo, 9 th Gup, Orange, Yellow	(A) 5:45pm-6:25pm	(A) 6:45pm-7:25pm	(B) 5:30pm-6:10pm	(B) 6:45pm-7:25pm	(A & B) 5:15pm-6:15pm
Phase 2 Green, Purple, Blue, Brown	(A) 6:25pm-7:25pm	(A) 5:45pm-6:45pm	(B) 6:10pm-7:10pm	(B) 5:45pm-6:45pm	(A & B) 5:15pm-6:15pm
Phase 3 Red, 1 st Gup, Cho Dan Bo	(A) 4:30pm-5:30pm	(A) 7:25pm-8:25pm	(B) 7:10pm-8:10 pm	(B) 4:45pm-5:45pm	(A & B) 5:15pm-6:15pm
Black Belt Kids 1st, 2 nd , & 3 rd Dan's	(A) 7:25pm-8:25pm	(A) 4:45pm-5:45pm	(B) 7:10pm – 8:10pm	(B) 4:45pm-5:45pm	(A & B) 5:15pm-6:15pm
Adults Brown Belt and Below		(A) 8:25pm-9:25pm		(B) 7:30pm-8:30pm	(A & B) 6:15pm-7:15pm
Advanced Adults Red Belt and up	(A) 8:25pm-9:25pm		(B) 8:10pm-9:10pm		(A & B) 6:15pm-7:15pm

Classes are split up into (A) Days and (B) Days. After the rank of Orange belt please be sure to attend one (A) Day and one (B) Day
 (A) Days are focused mainly on Hands, forms, weapons, Black Belt Training Weapon.
 (B) Days are focused mainly on Kicking, self defense, sparing, and conditioning