



# 2019 Class Schedule & Price Guide

## HIGH DESERT MARTIAL ARTS

63056 Lower Meadow Dr. Ste.120 Bend OR 97701

www.HighDesertMartialArtsBend.com

(541) 647-1220

Class	Age	Monday	Tuesday	Wednesday	Thursday	Friday
Taekwondo-do's	4 to 6 yrs		1:30 - 2:15 pm		1:30 - 2:15 pm	
Coed TKD	Adult		12 noon - 1 pm		12 noon - 1 pm	
Coed BJJ	Adult	12 noon - 1 pm		12 noon - 1 pm		
Master's TKD	55 yrs and up		11 am - 12 noon		11 am - 12 noon	
Open Mat TKD/BJJ	Adult					12 noon - 1 pm
Kids Beginning TKD	5 to 12 yrs	4 - 5 pm	5:15 - 6:15 pm	5:15 - 6:15 pm *	4 - 5 pm *	
Kids Advanced TKD	5 to 12 yrs	5:15 - 6:15 pm	4 - 5 pm	5:15 - 6:15 pm *	5:15 - 6:15 pm *	
Kids Jiu-Jitsu	5 to 12yrs			4 - 5 pm		4 - 5 pm
Adult & Family TKD	5 yrs and up	6:30 - 7:30 pm	6:30 - 7:30 pm	6:30 - 7:30 pm	6:30 - 7:30 pm	
Jiu-Jitsu	13 yrs and up		Gi 7:45 - 9 pm		Gi 7:45 - 9 pm	
Sparring Class	all ages	5:30 - 7 pm Fridays when announced (please check with Instructor)				

\* Open to beginning and advanced students

### Individual Rates

#### **Taekwondo-do's** (4-6 yrs old / 45 min)

1 x week \$50 /month  
2 x week \$77 /month

#### **Taekwondo** (6 yrs and up / 1 hour)

(Beginning / Advanced / Adults)

1 x week \$62 /month  
2 x week \$88 /month  
unlimited \$94 /month

#### **Brazilian Jiu-Jitsu** (Adults / Kids / 1 hour)

1 x week \$50 /month  
2 x week \$77 /month

#### **Uniforms**

Taekwondo \$25 and up  
Jiu-Jitsu \$70 and up

#### **Registration Fee** (One time fee)

\$25 /Individual  
\$35 /Two family members  
\$40 /Three or more Family members

### DISCOUNTS

~ Second family member is 25% off

~ Third family member see "Family" rates

~ Second sport is 50% off

~ Open Mat / Sparring Class included for free if enrolled in TKD or BJJ

### Family Rates

#### **Family Taekwondo**

(3 or more family members)

1 x week \$134 /month  
2 x week \$189 /month  
Unlimited \$202 /month

#### **Family Brazilian Jiu-Jitsu**

(3 or more family members)

1 x week \$107 /month  
2 x week \$166 /month

#### **Family Everything Unlimited**

(TKD & BJJ for 3 or more family members)  
\$250 /month