

# BERDUGO MARTIAL ARTS

Class Schedule  
 Grandmaster Michael Bowers  
 (503) 657-3408

**January 1 – June 30, 2015**

TIME	MON	TUE	WED	THU	FRI	SAT
9:00 am	All (K-B) 9:15-10:15	Mt Hood C.C. 8:30 – 10:30		Mt Hood C.C. 8:30 – 10:30	All (K-B) 9:15-10:15	Kids Age 5-14 9:00-9:30/45
10:00 am						All (K-B) 10:00-11am
						Berdugo 11:00 am
6:00-6:55	Advance (K) Levels 6 & UP	Kids 5:00-5:45	Advance (K) Levels 6 & UP	Berdugo 6:00-6:25	Black Belts 6:30-8:30	PRIVATE 12:15 pm
6:30-7:30		Basic (K)		Basic (K)		
7:00-7:55	Basic (K)		Basic (K)			
7:30-8:25		MDW		Philippine (B)		
8:00-9:00	Kombatan (K)		Berdugo (B)	Philippine (B)		

## Berdugo Martial Art Classes & Courses

- **Basic (Trial) Course** = Levels 1-5 (Train 2 times a Week)
- **Kombatan Course (K)** = Means you can train up to 4 classes a week in any class marked with a **K** (according to your level) including the Kombatan class that gives you a chance to use your Kombatan Skills in a stress filled atmosphere
- **Berdugo Course (B)** = Those who want to excel in reality based training. (This Course has all the benefits + some extra's). All Kombatan and Basic Courses are open to you.
- **MDW** - Born of combat on the violent streets of South Africa, the MDW Training Methodology provides an environment and a framework to effectively navigate the Chaos of Combat.

**CLASS SCHEDULE MAY BE CHANGED AT ANY TIME**  
**Look at Monthly Calendar to find out days we are closed**

You can find the Calendar on line @

[www.berdugo.us](http://www.berdugo.us)