

**Martial Mind Mastery
Self-Defense-System (SDS)
Adult & Juniors Schedule 2026**

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
	17:00 - 18:00 Juniors		17:00 - 18:00 Juniors
	19:00 - 20:15 Tai-Chi All Levels	19:00 - 20:15 Tai-Chi All Levels	19:00 - 20:30 Self Defense All Levels
20:00 - 22:00 Self Defense All Levels	20:30 - 22:00 Self Defense All Levels	20:30 - 22:00 Self Defense All Levels	19:00 - 20:30 Sparring & Ground Fighting All Levels

Locations:

- **Adult lessons on Monday and Friday are at Marnixplein 1**
- **Adult lessons on Tuesday and Wednesday are at Quellijnstraat 62**
- **Junior lessons are at Marnixplein 1**