



ACADEMY OF MARTIAL ARTS

Monday
5:10 – 5:50 PM
Kids Ages 3 -7
5:50 – 6:50 PM
Kids Ages 8 – 9
6:50– 7:50 PM
Adults
Thursday
5:15– 5:55 PM
Private lesson
6:00 – 7:00 PM
Kids and Adults
7:00 – 8:00 PM
Family Class

Tuesday
10:45- 11:45 AM
Adults
5:00- 5:50 PM
Kids
6:00-6:50 PM
Adults -Youth
6:50-7:20
Ladies Self Defense
Friday
10:00 – 11:00am
Adults
5:00 – 6:00 PM
Kids Open
6:10 – 7:00 PM
Kata
7:10 – 8:10 PM
Sparring and Self Defense

Wednesday
Private lesson
6:10 – 7:00 PM
Rep Team
7:10 – 8:00 PM
Kids
8:00 – 9:00 PM
Adults
Saturday
10:00 – 10:50 AM
Kids
11:00 – 12:00 PM
Adults
12:00 – 12:45 PM
BBC
12:50 – 1:30 PM
Rep Team

Schedule Effective January 13th, 2014