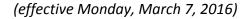


Family Martial Arts Academy

CLASS SCHEDULE





	Monday	Tuesday	Wednesday	Thursday	Saturday
Children Programs: Tig	ers (4-7 yrs	old) Junior	s (7-11 yrs o	ld)	
Starter / Orientation ★	4:00-4:30pm		4:00-4:30pm		9:00-9:30am
Tigers 1	5:00-5:30pm		5:00-5:30pm		9:30-10:00am
Tigers 2	5:30-6:00pm		5:30-6:00pm		10:00-10:30am
Tigers 3	4:30-5:00pm		4:30-5:00pm		
Juniors 3 Intermediate/Advanced		5:15-6:00pm Purple +		5:15-6:00pm Purple +	
Juniors (beginner to gold)		6:00-6:45pm		6:00-6:45pm	
Adult (12+) & Family Kar	ate:				
Adult & Family Classes (Beginner & Intermediate Focus)	6:00-6:45pm (Family)		6:00-6:45pm (Family)		10:30-11:30am (All Students)
Intermediate / Advanced/ 🐇 All Adults	6:45-7:30pm (Int/Adv/Family)	6:45-7:30pm (All Adults: 12+)	6:45-7:30pm (Int/Adv/Family)	6:45-7:30pm (All Adults: 12+)	
Women's M.A. Classes 🐴	7:30-8:30pm		7:30-8:30pm		
Sparring / Kumite 👫					11:30-12:15pm (All Students Ages 7+)
Other Martial Arts:					
Weapons ★		4:30-5:15pm (traditional weapons)		4:30-5:15 (laido)	
MMA: Kickboxing & BJJ		8:15-9:00pm		8:15-9:00pm	
Tai Chi/Qigong		7:30-8:15pm		7:30-8:15pm	1:15-2:15pm

★Instructor invitation only

A Some classes will include sparring: appropriate gear is required.

RED designates Black Belt Leadership Program (BBL).

BBL program gives access to: advanced curriculum, sparring, and weapons.

Junior and Adult Kobudo Classes: Tuesday (bo, nunchaku, escrima); Thursday (laido).

Tetsukai (Iron Team) meets Fridays 6:30pm to 7:30pm

PRIVATE LESSONS AVAILABLE

Private sessions (45-minutes) available by appointment. Contact Sensei Paul to schedule