



Jason Foley's Academy of Martial Arts

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Fall/Winter/Spring Schedule September-June



Monday

Time	Monday
3:50 - 4:35	Warrior Kidz <i>White-Yellow-Orange</i>
4:45-5:30	Warrior Kidz <i>Purple-Green-Blue-Brown</i>
5:40-6:10	Little Ninjas <i>Advanced</i>
6:15-7:00	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>
7:05-7:55	Kickboxing <i>Adult</i>
8:00-9:30	BJJ Fundamentals & Situational Drilling

Tuesday

Time	Tuesday
3:45-4:15	Little Ninjas <i>White</i>
4:15-4:45	Little Ninjas <i>Advanced</i>
4:50-5:35	Warrior Kidz <i>White-Yellow-Orange</i>
5:40-6:10	Little Ninjas <i>White</i>
6:15-7:00	Warrior Kidz <i>Purple-Green-Blue-Brown</i>
7:05-7:55	Kickboxing Bag Blast
8:00-9:30	Jiu-Jitsu Open Rank Curriculum

Wednesday

Time	Wednesday
3:50-4:35	Warrior Kidz <i>White-Yellow-Orange</i>
4:45-5:30	Warrior Kidz <i>Purple-Green-Blue-Brown</i>
5:40-6:10	Little Ninjas <i>White</i>
6:15-7:00	Warrior Kidz <i>White-Yellow-Orange</i>
7:05-7:55	Warrior Fitness
8:00-9:30	BJJ Fundamentals & Situational Drilling
9:00-9:45	Kickboxing Open Training

Thursday

Time	Thursday
4:00-4:30	Little Ninjas <i>White</i>
4:30-5:15	Warrior Kidz <i>White-Yellow-Orange</i>
5:20-6:05	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>
6:15-7:00	Warrior Teens <i>All Belts Ages 12-15</i>
7:05-7:55	Kickboxing <i>Adult</i>
8:00-9:30	Jiu-Jitsu NO-GI

Saturday

Time	Saturday
9:00-9:50am	Warrior Fitness
10:00-10:45	Women's Only Kickboxing
11:00-12:30pm	Jiu-Jitsu Open Rank Curriculum
12:30-1:00	Little Ninjas <i>White</i>
1:00-1:30	Little Ninjas <i>Advanced</i>
1:45-2:30	Warrior Kidz <i>White-Yellow-Orange</i>
2:30-3:15	Warrior Kidz <i>Purple-Green-Blue-Brown</i>
3:15-4:00	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>