



Jason Foley's Academy of Martial Arts

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Fall/Winter/Spring Schedule September-June



Monday

Tuesday

Wednesday

Time	Monday	Time	Tuesday	Time	Wednesday
3:45 - 4:30	Karate Kidz <i>Yellow-Orange-Purple</i>	3:45-4:15	Little Ninjas <i>White</i>	3:45-4:30	Karate Kidz <i>Yellow-Orange-Purple</i>
4:40-5:25	Karate Kidz <i>Purple-Green-Blue-Brown</i>	4:15-4:45	Little Ninjas <i>Advanced</i>	4:40-5:25	Karate Kidz <i>Purple-Green-Blue-Brown</i>
5:35-6:05	Little Ninjas <i>Advanced</i>	4:50-5:35	Karate Kidz <i>Yellow-Orange-Purple</i>	5:35-6:05	Little Ninjas <i>White</i>
6:15-7:00	Karate Kidz <i>White Belt</i>	5:40-6:10	Little Ninjas <i>White</i>	6:15-7:00	Karate Kidz <i>Yellow-Orange-Purple</i>
7:05-7:55	Karate/Kickboxing <i>Adult</i>	6:15-7:00	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>	7:05-7:55	Warrior Fitness
8:00-8:50	BJJ Fundamentals	7:05-7:55	Women's Only Kickboxing	8:00-8:50	BJJ Fundamentals
9:00-9:50	Jiu-Jitsu Open Rank	8:00-9:50	Jiu-Jitsu Open Rank	9:00-9:50	Jiu-Jitsu Open Rank

Thursday

Saturday

Time	Thursday	Time	Saturday
4:00-4:30	Little Ninjas <i>White</i>	9:00-9:50am	Warrior Fitness
4:30-5:15	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>	10:00-12:00 p	Jiu-Jitsu Takedowns/Open Rank
5:20-6:05	Karate Kidz <i>White Belt</i>	12:15-12:45	Little Ninjas <i>White</i>
6:15-7:00	Karate Kidz <i>Purple-Green-Blue-Brown</i>	12:45-1:15	Little Ninjas <i>Advanced</i>
7:05-7:55	Kickboxing Bag Blast	1:30-2:15	Karate Kidz <i>White-Yellow-Orange</i>
8:00-8:50	Karate/Kickboxing <i>Adult</i>	2:15-3:00	Karate Kidz <i>Competition Class</i>
9:00-9:50	Jiu-Jitsu Open Rank	3:00-4:00	Jr. Jiu-Jitsu <i>Competition Class</i>