



Jason Foley's Academy of Martial Arts

www.jasonfoley.org * 834-0895 * jfmartialarts@gmail.com

Fall/Winter/Spring Schedule September-June



Monday

Time	Monday
3:45 - 4:30	Karate Kidz <i>Yellow-Orange-Purple</i>
4:40-5:25	Karate Kidz <i>Purple-Green-Blue-Brown</i>
5:35-6:05	Little Ninjas <i>Advanced</i>
6:15-7:00	Karate Kidz <i>White Belt</i>
7:05-7:55	Karate/Kickboxing <i>Adult</i>
8:00-8:50	BJJ Fundamentals
9:00-9:50	Jiu-Jitsu Open Rank

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	Karate Kidz <i>Yellow-Orange-Purple</i>
5:40-6:10	Little Ninjas <i>White</i>
6:15-7:00	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>
7:05-7:55	Women's Only Kickboxing
8:00-9:50	Jiu-Jitsu Open Rank

Wednesday

Time	Wednesday
3:45-4:30	Karate Kidz <i>Yellow-Orange-Purple</i>
4:40-5:25	Karate Kidz <i>Purple-Green-Blue-Brown</i>
5:35-6:05	Little Ninjas <i>White</i>
6:15-7:00	Karate Kidz <i>Yellow-Orange-Purple</i>
7:05-7:55	Warrior Fitness
8:00-8:50	BJJ Fundamentals
9:00-9:50	Jiu-Jitsu Open Rank

Thursday

Time	Thursday
3:45-4:15	Little Ninjas <i>White</i>
4:25-5:10	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>
5:20-6:05	Karate Kidz <i>White Belt</i>
6:15-7:00	Karate Kidz <i>Purple-Green-Blue-Brown</i>
7:05-7:55	Kickboxing Bag Blast
8:00-8:50	Karate/Kickboxing <i>Adult</i>
9:00-9:50	Jiu-Jitsu Open Rank

Saturday

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