



Jason Foley's Academy of Martial Arts



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Summer Schedule

Monday

Time	Monday
5:30 - 6:00	Little Ninjas All Belts
6:00 - 6:45	Karate Kidz <i>All Belts</i>
6:45 - 7:45	Group Conditioning
7:45 - 8:45	Karate/Kickboxing
8:45 - 9:45	BJJ Fundamentals

Tuesday

Time	Tuesday
6:00 - 6:45	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>
6:45 - 7:45	Women's Kickboxing
7:45 - 9:30	BJJ Open Rank

Wednesday

Time	Wednesday
5:30 - 6:00	Little Ninjas All Belts
6:00 - 6:45	Karate Kidz <i>All Belts</i>
6:45 - 7:45	Bag Blast
7:45 - 9:30	BJJ Fundamentals

Thursday

Time	Thursday
5:00 - 5:45	Karate Kidz <i>All Belts</i>
5:45 - 6:30	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>
6:45 - 7:45	Group Conditioning
7:45 - 8:45	Karate/Kickboxing
8:45 - 9:45	BJJ Open Rank

