



# Jason Foley's Academy of Martial Arts

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*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	Chicboxing Women Only
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	Group Conditioning
8:00-8:50	BJJ Fundamentals
9:00-9:50	JUDO/Kickboxing Sparring

## Thursday

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

## Saturday

Time	Saturday
9:00-9:50	Group Conditioning
10:00-11:50	Jiu-Jitsu Open Rank
12:00-12:30	Little Ninjas <i>White</i>
12:40-1:10	Little Ninjas <i>Advanced</i>
1:20-2:05	Karate Kidz <i>White-Yellow-Orange</i>
2:15-3:00	Karate Kidz <i>Purple-Green-Blue-Brown</i>
3:10-3:55	Jr. Jiu-Jitsu <i>Gracie Bullyproof</i>