

# Academy of Martial Arts

## CLASS SCHEDULE

Effective August 15, 2011

301-774-4995

academyofmartialarts@hotmail.com

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TURTLE TOTS		4:30-5:00		4:45 - 5:15		9:00 - 9:30
KARATE KIDS	4:45 - 5:15		4:45 - 5:15			9:30 - 10:00
WHITE BELT						
JUNIORS	5:15 - 6:00		6:00 - 6:45	6:00 - 6:45		10:00 - 10:45
ADULTS ONLY	8:15 - 9:00		8:15-9:00	8:15 - 9:00		8AM—9AM
GOLD & ORANGE						
JUNIORS	6:00 - 6:45	5:45 - 6:30		5:15 - 6:00	4:00 - 4:45	10:45 - 11:30
ADULTS ONLY	8:15 - 9:00		8:15-9:00	8:15 - 9:00		8AM—9AM
PURPLE, GREEN						
JUNIORS	6:45 - 7:30	5:00 - 5:45	5:15-6:00		4:45 - 5:30	11:30 - 12:15
ADULTS ONLY	8:15 - 9:00		8:15-9:00	8:15 - 9:00		8AM—9AM
RED						
JUNIORS		7:15 - 8:00	4:00 - 4:45	4:00 - 4:45	5:30 - 6:15	12:15 - 1:00
ADULTS ONLY	8:15 - 9:00	8:00-9:00	8:15-9:00	8:15 - 9:00		8AM—9AM
BROWN						
JUNIORS	4:00 - 4:45	6:30-7:15	6:45-7:30		6:15 - 7:00	1:00 - 1:45
ADULTS ONLY	8:15 - 9:00	8:00-9:00	8:15-9:00	8:15 - 9:00		8AM—9AM
BLACK						
JUNIORS	7:30 - 8:15	3:45 - 4:30	7:30 - 8:15	6:45 - 7:30		1:45 - 2:30
ADULTS ONLY	8:15 - 9:00	8:00-9:00	8:15-9:00	8:15 - 9:00		8AM—9AM