

# Academy of Martial Arts

## CLASS SCHEDULE

301-774-4995

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