



**AMA MARTIAL ARTS ACADEMY**  
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| Monday                           | Tuesday                                | Wednesday                                      | Thursday                         | Friday                              | Saturday                |
|----------------------------------|--|--|----------------------------------|-------------------------------------|-------------------------|
| 4:30 PM                          | 4:30 PM                                | 4:30 PM  | 4:30 PM                          | 4:00 PM                             |                         |
| TIGERS<br>ADVANCED               | TIGERS<br>BEGINNERS                    | TIGERS<br>ADVANCED                             | TIGERS<br>BEGINNERS              | TEENS & ADULTS<br>LEGACY            |                         |
| 5:00 PM                          | 5:00 PM                                | 5:00 PM  | 5:00 PM                          | 5:00 PM                             | 10:00 AM                |
| JUNIORS<br>WHITE – YELLOW        | JUNIORS<br>WHITE – YELLOW              | JUNIORS<br>WHITE-YELLOW<br>(SPARRING)          | JUNIORS<br>WHITE - YELLOW        | LEADERSHIP<br>JUNIORS<br>7 - 10 YRS | TIGERS<br>ALL           |
| 5:45 PM                          | 5:45 PM                                | 5:45 PM  | 5:45 PM                          | 6:00 PM                             | 10:30 AM                |
| JUNIORS<br>CAMO - PURPLE         | JUNIORS<br>CAMO - PURPLE               | JUNIORS<br>CAMO - PURPLE<br>(SPARRING)         | JUNIORS<br>CAMO - PURPLE         | LEADERSHIP<br>11 YRS & OLDER        | JUNIORS<br>ALL BELTS    |
| 6:30 PM                          | 6:30 PM                                | 6:30 PM  | 6:30 PM                          |                                     | 11:15 AM                |
| JUNIORS<br>LEADERSHIP            | JUNIORS<br>LEADERSHIP                  | JUNIORS<br>LEADERSHIP                          | JUNIORS<br>LEADERSHIP            |                                     | COMPETITION<br>TRAINING |
| 6:45 PM                          | 6:45 PM                                | 6:45 PM  | 6:45 PM                          |                                     |                         |
| JUNIORS<br>BLUE – JR BLACK BELTS | JUNIORS<br>REC BB – BLACK BELTS        | JUNIORS<br>BLUE – JR BLACK BELTS<br>(SPARRING) | JUNIORS<br>BLUE – JR BLACK BELTS |                                     |                         |
| 7:30 PM                          | 7:30 PM                                | 7:30 PM  | 7:30 PM                          |                                     |                         |
| TEENS & ADULT<br>ALL BELT        | TEENS & ADULTS<br>REC BB - BLACK BELTS | TEENS & ADULTS<br>ALL BELTS<br>(SPARRING)      | TEENS & ADULTS<br>ALL BELTS      |                                     |                         |
| 8:15 PM                          | 8:15 PM                                |  | 8:15 PM                          |                                     |                         |
| TEENS & ADULTS<br>LEADERSHIP     | TEENS & ADULTS<br>LEGACY               |  | TEENS & ADULTS<br>LEADERSHIP     |                                     |                         |

**BLACKBELT CLUB 2 CLASSES PER WEEK**

**LEADERSHIP - UP TO 5 CLASSES PER WEEK**

LEGACY - UNLIMITED CLASSES

*\*SCHEDULE SUBJECT TO CHANGE AT ANY TIME*

**JOIN/FOLLOW/LIKE US FOR UPDATES & ANNOUNCEMENTS:**

