

KAMA CLASS SCHEDULE



Little Dragons	
Monday	4:15 and 5:45 PM
Wednesday	4:15 and 5:45 PM
Saturday	8:45 AM

Beginners	
Monday	6:15 PM
Tuesday	4:15 PM
Wednesday	6:15 PM
Thursday	4:15 PM
Saturday	9:15 AM

Int/Adv 7-9	
Monday	4:15 PM
Tuesday	6:00 PM
Wednesday	4:15 PM
Thursday	6:00 PM
Saturday	10:00 AM

Int/Adv 10-12	
Monday	5:00 PM
Tuesday	6:45 PM
Wednesday	5:00 PM
Thursday	6:45 PM
Saturday	10:00 AM

Tournament Sparring: (Int/Adv)	
Wednesday	6:15 PM

Master Class (Black Belts)	
Tuesday	6:45 PM

Teen + Adult Karate/Kickboxing	
Monday	7:00 PM
Tuesday	5:00 PM
Wednesday	7:00 PM
Thursday	5:00 PM
Saturday	10:00 AM

Jiu-Jitsu 5-7	
Tuesday	4:15 and 5:30 PM
Thursday	4:15 and 5:30 PM

Jiu-Jitsu 8+	
Tuesday	4:45 and 6:00 PM
Thursday	4:45 and 6:00 PM

Jiu-Jitsu Adult	
Monday	7:00 PM
Tuesday (No Gi)	7:00 PM
Thursday	7:00 PM

Jiu-Jitsu Adult Open Mat	
Monday	6:00 PM
Tuesday (No Gi)	8:00 PM
Thursday	8:00 PM
Saturday (No Gi)	8:00 AM

Muay Thai	
Tuesday	7:30 AM
Thursday	7:30 AM

Adult Sparring (Muay Thai/Karate)	
Saturday	8:00 AM

Private Lessons	
By appointment only	

Do you want the most up to date information?

1. Download our App
2. Follow us on social media
3. Join the closed group "KAMA Family" on Facebook