

KAMA CLASS SCHEDULE

Little Dragons (ages 3-5)	
Monday	4:15 and 5:45
Wednesday	4:15 and 5:45
Saturday	8:45 AM

Beginner Kids (ages 5-10)	
Monday	6:15
Tuesday	4:15
Wednesday	6:15
Thursday	4:15
Saturday	9:15 AM

Int/Adv Kids (10 and under) Green belt and above	
Monday	4:15
Tuesday	6:15
Wednesday	4:15
Thursday	6:15
Saturday	10:00 AM

Karate Bag Workout	
Tuesday	5:00
Thursday	5:00

Teens (ages 11-15) (all ranks)	
Monday	5:00
Tuesday	7:00
Wednesday	5:00
Thursday	7:00
Saturday	10:00 AM

Adults (ages 16+) (all ranks)	
Monday	7:00
Tuesday	7:00
Wednesday	7:00
Thursday	7:00
Saturday	10:00 AM

Sparring	
Kids: Thursday 5:30	
Adults: Saturday 8:00 AM	

Master's Class	
Tuesday	6:15

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

Kids Jiu-Jitsu (ages 5-7)	
Tuesday	5:30
Thursday	5:30

Kids Jiu-Jitsu (ages 8+)	
Tuesday	6:00
Thursday	6:00

Adult Jiu-Jitsu Class	
Monday	7:00
Tuesday	7:00
Thursday	7:00

Adult Jiu-Jitsu Open Mat	
Monday	6:00
Tuesday	8:00
Thursday	8:00
Saturday	8:00 AM