

# GLOBAL MARTIAL ARTS ACADEMY - As of November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00 – 5:30PM Private Lessons Call to schedule	1:00 – 5:30PM Private Lessons Call to Schedule	1:00 – 5:30PM Private Lessons Call to schedule	1:00 – 5:30PM Private Lessons Call to schedule	1:00 – 4:00PM Private Lessons Call to schedule	9:00-9:45AM  Mixed Karate Class	<b><u>CLOSED</u></b>  Except  for  Scheduled Belt Gradings  or  Seminars
2:00-5:00pm Open Mat Time	2:00-5:00pm Open Mat Time	2:00-5:00pm Open Mat Time	2:00-5:00pm Open Mat Time	12:30-2:00pm Open Mat Time	10:00 – 11:00 Youth Fitness & Kickboxing	
6:00 – 6:45PM Karate Group “A” 4 – 8 year olds	6:00 – 6:45PM Karate Group “B” 4 – 8 year olds	6:00 – 6:45PM Karate Group “A” 4 – 8 year olds	6:00 – 6:45PM Karate Group “B” 4 – 8 year olds	4:00 – 5:45PM <b>Evaluations By Appt.</b>	10:00-11:00 Adult Kickboxing	
7:00 – 7:45PM Karate 9-17 year olds	7:00 - 7:45PM ADULT KARATE (upstairs)	7:00 – 7:45PM Karate 9-17 year olds	7:00 - 7:45PM ADULT KARATE (upstairs)	5:45 – 6:30PM SR. BELTS RED & BLACK BELTS ONLY	11:00-12:00  <b>Kali Class</b>	
8:00 – 9:00PM Jeet Kune Do Technical Class	7:00 – 8:00PM BODY BLAST FITNESS	8:00-9:00PM SR. BELT and BLACK BELTS ONLY	7:00 – 8:00PM BODY BLAST FITNESS	6:30 – 7:30PM  Jeet Kune Do	12:00 - 1:00 5 Animal Kung Fu	
7:45 – 9:00PM Brazilian Jiu-Jitsu	7:00 – 8:30PM Brazilian Jiu-Jitsu	7:45 – 9:00PM Brazilian Jiu-Jitsu	7:00 – 8:30PM Brazilian Jiu-Jitsu	7:00 – 8:30PM Brazilian Jiu-Jitsu	<b><u>CLOSED</u></b>	<b><u>CLOSED</u></b>
9:00 – 10:00PM Adult Kickboxing	8:00-9:00PM Canadian Combat Arts	8:00 – 9:00PM Adult Kickboxing	8:00-9:00PM Canadian Combat Arts	<b><u>CLOSED</u></b>		
<b><u>CLOSED</u></b>	9:00 – 10:00PM Blackbelts (By Invitation)	<b><u>CLOSED</u></b>	9:00 – 10:00PM Blackbelts (By Invitation)	<b><u>CLOSED</u></b>		