



Class Schedule 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45 SWEAT		9:00-9:45 SWEAT		9:00-9:45 SWEAT	10:00-11:00 Chen Tai Chi
10:00-10:45 Homeschoolers		10:00-10:45 Homeschoolers			11:00-12:00 Adult Open Kung Fu
11:30-12:15 Kickboxing	12:30-1:30 Krav Maga All Levels	11:30-12:15 Kickboxing	12:30-1:30 Krav Maga All Levels	11:30-12:15 Kickboxing	12:00-1:00 Krav Maga All Levels
12:30-1:30 Adult Open Kung Fu		12:30-1:30 Adult Open Kung Fu		12:30-1:30 Adult Open Kung Fu	1:00-2:00 Submission Grappling
4:30-5:00 Little Dragons		4:30-5:00 Little Dragons			
5:00-5:45 Jr. Beginner Kung Fu	5:00-5:45 Krav Maga All Levels	5:00-5:45 Jr. Beginner Kung Fu	5:00-5:45 Krav Maga All Levels	5:00-6:00 Junior Open Class Or FUN Friday	
5:45-6:30 Jr Int/Adv Kung Fu	5:45-6:30 Kickboxing	5:45-6:30 Jr Int/Adv Kung Fu	5:45-6:30 Boxing		
6:30-7:15 Adult Beg Kung Fu	6:30-7:15 Krav Maga P1/2	6:30-7:15 Adult Beg Kung Fu	6:30-7:15 Krav Maga P1/2	6:00-7:30 Instructor Training (Private)	
7:15-8:00 Kickboxing	7:15-8:00 Krav Maga P3/4	7:15-8:00 Adult Int/Adv Kung Fu Weapons	7:15-8:00 Krav Maga P3/4		
8:00-8:45 Adult Int/Adv Kung Fu Weapons	8:00-8:45 Krav Maga Intro	8:00-8:45 Sparring	8:00-8:45 Krav Maga Intro		

JMMA
JADE MOUNTAIN MARTIAL ARTS

