

New Jersey Martial Arts Academy

973-770-4555



Weekly Class Schedule

Effective 09/01/2008

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY												
Class Time	RED	BLUE	RED	BLUE	RED	BLUE	RED	BLUE	RED	BLUE	RED	BLUE											
4:15	4:15 Tiny Tigers 3 - 5 Yrs	4:15 Li'l Dragon 6 - 8 Yrs	DAYTIME 10:30 AM Tiny Tigers 3 - 5 Yrs 11:00 AM Jr, Teen & Adults 5 Yrs & Up	4:15 Jaguar All Ranks 9-12 Yrs	4:15 Tiny Tigers 3 - 5 Yrs	4:15 Li'l Dragon 6 - 8 Yrs	4:15 Jaguar All Ranks 9-12 Yrs	4:15 Jaguar All Ranks 9-12 Yrs	DAYTIME 10:30 AM Tiny Tigers 3 - 5 Yrs 11:00 AM Jr, Teen & Adults 5 Yrs & Up	9:00AM Teen & Adults All Ranks	8:00AM Boot Camp Cardio & Core Fitness	Extra Help											
:30		Extra Help		Extra Help		Extra Help							Extra Help	Extra Help	Extra Help	Extra Help							
45		5:00 XMA Xtreme Gymnastics 6 - 8 Yrs		5:00 Tiny Tigers 3 - 5 Yrs		5:00 Li'l Dragon 6 - 8 Yrs							5:00 Tiny Tigers 3 - 5 Yrs	5:00 Special Students	5:00 Special Students	5:00 Special Students	5:00 Special Students	5:00 Special Students	5:00 Special Students	5:00 Special Students	5:00 Special Students		
5:00	6:00 Jaguar All Ranks 9-12 Yrs	6:15 Teen & Adults 13 Yrs & Up	6:45 Boot Camp Cardio & Core Fitness	6:30 Jaguar All Ranks 9-12 Yrs	6:30 Jaguar Green-Brown 9-12 Yrs	6:15 Teen & Adults Kyu Ranks 13 Yrs & Up	6:15 Teen & Adults Kyu Ranks 13 Yrs & Up	6:15 Tiny Tigers 3 - 5 Yrs	6:00 XMA All Ranks	6:00 XMA All Ranks	6:00 XMA All Ranks	6:00 XMA All Ranks											
:15													6:15 Jaguar All Ranks 9-12 Yrs	6:15 Teen & Adults 13 Yrs & Up	6:15 Tiny Tigers 3 - 5 Yrs	6:15 Teen & Adults Kyu Ranks 13 Yrs & Up	6:15 Teen & Adults Kyu Ranks 13 Yrs & Up	6:15 Teen & Adults Kyu Ranks 13 Yrs & Up	6:15 Teen & Adults Kyu Ranks 13 Yrs & Up	6:15 Tiny Tigers 3 - 5 Yrs	6:00 XMA All Ranks	6:00 XMA All Ranks	6:00 XMA All Ranks
:30													6:45 Boot Camp Cardio & Core Fitness	6:45 Boot Camp Cardio & Core Fitness	6:45 Boot Camp Cardio & Core Fitness	6:45 Boot Camp Cardio & Core Fitness	6:45 Boot Camp Cardio & Core Fitness	6:45 Boot Camp Cardio & Core Fitness	6:45 Boot Camp Cardio & Core Fitness	6:45 Boot Camp Cardio & Core Fitness	6:45 Jaguar All Ranks 9-12 Yrs	6:45 Jaguar All Ranks 9-12 Yrs	6:45 Jaguar All Ranks 9-12 Yrs
6:00	7:00 XMA Xtreme Gymnastics 9 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:45 JuJitsu 10 Yrs & up	7:15 Weapons 12 Yrs & Up	7:15 Weapons 12 Yrs & Up	7:15 Weapons 12 Yrs & Up	7:15 Weapons 12 Yrs & Up	7:30 JuJitsu 10 Yrs & up	7:30 Teen & Adults All Ranks 13 Yrs & Up	7:30 Teen & Adults All Ranks 13 Yrs & Up	7:30 Teen & Adults All Ranks 13 Yrs & Up	7:30 Teen & Adults All Ranks 13 Yrs & Up											
:15													7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up	7:00 Kendo Japanese Sword 10 Yrs & Up
:30													7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up	7:45 JuJitsu 10 Yrs & up
7:00	8:00 Open Deck JuJitsu	8:00 Teen & Adults All Ranks 13 Yrs & Up	8:00 Teen & Adults All Ranks 13 Yrs & Up	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only											
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:30													8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only
8:00	8:00 Open Deck JuJitsu	8:00 Teen & Adults All Ranks 13 Yrs & Up	8:00 Teen & Adults All Ranks 13 Yrs & Up	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only											
:15													8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only
:45													8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only	8:00 Black Belts Only

Class Schedule Subject to Change. Fitness Gym OPEN during ALL Classes!