



NY MARTIAL ARTS ACADEMY

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	MON	TUES	WED	THURS	FRI	SAT	SUN
SCHOOL HOURS	9:00-9:00	9:00-9:00	9:00-9:00	9:00-9:00	9:00-8:00	9:00-6:00	
9:00-10:00						Bruce Lee's Jeet Kune Do	
10:00-11:00	Bruce Lee's Jeet Kune Do	Private Intro Classes	Bruce Lee's Jeet Kune Do	Private Intro Classes	Bruce Lee's Jeet Kune Do	Brazilian Jiu Jitsu 10:00-11:20	
11:00-12:00	Private Lessons	Private Lessons	JKD Sparring** 11:00-11:30	Private Lessons	Private Lessons	Young Dragons 11:30-12:20	
12:00-1:00		Open Floor	Private Lessons	Open Floor	Open Floor	Little Dragons 12:20-12:50	
1:00-4:00	Private Intro Classes	Private Lessons	Private Intro Classes	Private Lessons	Private Intro Classes	Women's Kickboxing 1:00-2:00	
						Instructors Group❖ 1st Sat. Every Month 2:00-3:00	
						Free Private Lessons 3rd Sat. Every Month 2:00 - 3:00	
4:00-5:00	Young Dragons 4:30-5:20	Little Dragons 4:00-4:30	Young Dragons 4:30-5:20	Little Dragons 4:00-4:30	Young Dragons Black Belt Club 4:00-4:50**		
5:00-6:00	Little Dragons 5:30-6:00	YD Sparring* 5:00-5:50	Little Dragons 5:30-6:00	Young Dragons 5:00-5:50	Little Dragons 5:00-5:30	Wrestling Take Downs & Counters* 4:30-5:30	
					Young Dragons 5:30-6:20		
6:00-7:00	Young Dragons 6:00-6:50	Women's Kickboxing	Young Dragons 6:00-6:50	Women's Kickboxing			
7:00-8:00	JKD Tool Development*	JKD Kickboxing*	Jeet Kune Do Weapon Training/ Trapping	Bruce Lee's Jeet Kune Do	Bruce Lee's Jeet Kune Do 6:30 - 7:30		
					JKD Sparring** 7:30-8:00		
8:00-9:00	Bruce Lee's Jeet Kune Do	Bruce Lee's Jeet Kune Do	JKD Kickboxing*	Brazilian Jiu Jitsu			

Adult Classes

Children's Classes

Women's Kickboxing Classes