

2016 / 2017 CLASS SCHEDULE - NORTHSORE ACADEMY OF MARTIAL ARTS

Monday

CLASS NAME:	TIME:
Early Skills (Ages: 3-4)	3:30pm-4:00pm
Youth Class (Ages: 6-15)	4:10pm-5:00pm
Little Ninja Basic Skills (Ages: 5-6)	5:05pm-5:35pm
Youth Class (Ages: 7-14)	5:40pm-6:30pm
Roufusport Kickboxing (Ages: 15+)	6:30pm-7:30pm
Krav Maga / Kapap (Ages: 15+)	7:30pm-8:30pm
Adult JKD / Filipino MA (Ages: 15+)	7:30pm-8:30pm

Tuesday

CLASS NAME:	TIME:
Early Skills (Ages: 3-4)	3:30pm-4:00pm
Little Ninja Basic Skills (Ages: 5-6)	4:00pm-4:30pm
Youth Class (Ages: 7-14)	4:40pm-5:30pm
Youth Class & Black Belt (Ages: 6-15)	5:40pm-6:30pm
Youth Brazilian Jiu-Jitsu (Ages: 5-14)	6:30pm-7:30pm
Adult Brazilian Jiu-Jitsu (Ages: 15+)	6:30pm-8:30pm
Adult Jeet Kune Do (Ages: 15+)	7:30pm-8:30pm
Adult JKD / Filipino MA (Ages: 15+)	8:30pm-9:30pm

Wednesday

CLASS NAME:	TIME:
Early Skills (Ages: 3-4)	3:30pm-4:00pm
Youth Class (Ages: 6-15)	4:10pm-5:00pm
Little Ninja Basic Skills (Ages: 5-6)	5:05pm-5:35pm
Youth Class (Ages: 7-14)	5:40pm-6:30pm
Roufusport Kickboxing (Ages: 15+)	6:30pm-7:30pm
Krav Maga / Kapap (Ages: 15+)	7:30pm-8:30pm
Adult JKD / Filipino MA (Ages: 15+)	7:30pm-8:30pm

Thursday

CLASS NAME:	TIME:
Early Skills (Ages: 3-4)	3:30pm-4:00pm
Little Ninja Basic Skills (Ages: 5-6)	4:00pm-4:30pm
Youth Class (Ages: 7-14)	4:40pm-5:30pm
Youth Class & Black Belt (Ages: 6-15)	5:40pm-6:30pm
Youth Brazilian Jiu-Jitsu (Ages: 5-14)	6:30pm-7:30pm
Adult Brazilian Jiu-Jitsu (Ages: 15+)	6:30pm-8:30pm
Adult Jeet Kune Do (Ages: 15+)	7:30pm-8:30pm
Adult JKD / Filipino MA (Ages: 15+)	8:30pm-9:30pm

Friday

CLASS NAME:	TIME:
Little Ninja Basic Skills (Ages: 5-6)	4:30pm-5:00pm
Youth Class (Ages: 7-14)	5:05pm-5:55pm
Roufusport Kickboxing (Ages: 15+)	6:00pm-7:00pm
Adult JKD / Filipino MA (Ages: 15+)	7:00pm-8:00pm

Saturday

CLASS NAME:	TIME:
Little Ninja Basic Skills (Ages: 5-6)	9:00am-9:35am
Adult Jeet Kune Do (Ages: 15+)	9:30am-10:30am
Youth Class (Ages: 7-14)	9:40am-10:30am
Krav Maga / Kapap (Ages: 15+)	10:30am-11:30am
Youth Brazilian Jiu-Jitsu (Ages: 5-14)	11:30am-12:30pm
Adult Brazilian Jiu-Jitsu (Ages: 15+)	11:30pm-12:30pm

Sunday

CLASS NAME:	TIME:
Roufusport Kickboxing (Ages: 15+)	9:00am-10:00am
Adult Open Mat	10:00am-11:00am