



Monday & Wednesday		
Class	Age	Time
JKD Kali • Filipino MA Adult Private Lessons with Guro Marc Halleck	14+	9:00-10:00 AM Tue & Wed only
Early, Basic & Youth Private Lessons with Sensei Alex	3-14	3:15-3:45 PM
Youth Program	7-14	4:10-5:00 PM
Early & Basic Skills	3-6	5:00-5:30 PM
Youth Program	7-14	5:40-6:30 PM
Youth Black Belt	10+	6:30-7:30 PM
Adult Kickboxing	14+	6:30-7:30 PM
Krav Maga WSD	14+	7:30-8:30 PM
JKD Kali • Filipino MA	14+	7:30-8:30 PM

Tuesday & Thursday		
Class	Age	Time
JKD Kali • Filipino MA Adult Private Lessons with Guro Marc Halleck	14+	9:00-10:00 AM Tue & Wed only
Early, Basic & Youth Private Lessons with Sensei Alex	3-14	3:15-3:45 PM
Early & Basic Skills	3-6	4:00-4:30 PM
Youth Program	7-14	4:40-5:30 PM
Youth Program	7-14	5:40-6:30 PM
Youth Jiu-Jitsu	5-14	6:30-7:30 PM
Adult Jiu-Jitsu	14+	6:30-8:30 PM
JKD Kali • Filipino MA	14+	7:30-8:30 PM
JKD Kali • Filipino MA	14+	8:30-9:30 PM

Friday		
Class	Age	Time
Basic Skills	5-6	4:30-5:00 PM
Youth Program	7-14	5:05-5:55 PM
Adult Kickboxing	14+	6:00-7:00 PM
JKD Kali • Filipino MA	14+	7:00-8:00 PM

Saturday		
Class	Age	Time
Basic Skills	5-6	9:00-9:35 AM
Youth / Parent Conditioning - NSA Parents train with their kids for free - FUN with Sensei Jeff!	3+	9:40-10:30 AM
Krav Maga WSD	14+	10:30-11:30 AM
Youth Jiu-Jitsu	5-14	11:30 AM- 12:30 PM
Adult Jiu-Jitsu	14+	

Sunday		
Class	Age	Time
Adult Kickboxing	14+	9:00-10:00 AM
Adult Open Mat JKD Kali • Filipino MA Kickboxing & Jiu Jitsu with Sensei Amir!	14+	10:00-11:00 AM

WSD = Women's Self Defense

JKD = Jeet Kune Do - Bruce Lee's Martial Art

KALI = Stick • Knife • Weapons and Empty Hand

MA = Martial Arts

Questions? Email us at nsama@nsama.com or call 847.573.1672. VM gets return call same day

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