NSAMA

NORTHSHORE ACADEMY OF MARTIAL ARTS

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JEET KUNE DO · INOSANTO · MKG · ATILLO · M.A.R.S. · PANANTUKAN · HOCHHEIM · NARDIA · TUHON JESSE

Monday & Wednesday

Class	Age	Time
Krav Maga I WSD Lunchtime Self Defense & Conditioning COMING SEPT. 4	14+	12:00-1:00 COMING SOON
Early, Basic & Youth Private Lessons with Sensei Alex	3-14	3:00-4:00 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
Adult JKD | Kali	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
Early, Basic & Youth Private Lessons with Sensei Alex	3-14	3:00-4:00 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 Adult Pekiti Tirsia Kali	8+	6:30-7:30 PM
Youth Jiu-Jitsu	5-14	6:30-7:30 PM
Adult Jiu-Jitsu	14+	7:30-9:00 PM

Friday

Class	Age	Time
Early & Basic Skills	3-6	4:15-4:45 PM
Youth Program	7-14	4:45-5:30 PM
Youth Elite Sparring	7-14	5:30-6:15 PM
Youth Black Belt	10+	6:15-7:15 PM
Adult Kickboxing	14+	6:15-7:15 PM
Adult JKD | Kali	14+	7:15-8:15 PM

Saturday

Class	Age	Time
Krav Maga Combat Conditioning - NSA Parents train with their kids for free - FUN with Sensei Jeff!	5+	10:30-11:30 AM
Youth/Adult BJJ	5+	11:30AM-12:30PM

Sunday

Class	Age	Time
Adult Kickboxing	14+	9:00-10:00 AM
Youth Adult Pekiti Tirsia Kali	8+	10:00-11:00 AM
Youth & Adult Stick Fighting Olympiads Padded Stick Sparring	8+	11:00AM-12:00 PM
Youth Combat Archery	8+	12:00PM-1:00 PM
Adult Combat Archery	14+	1:00PM-2:00 PM

WSD = Women's Self Defense | MA = Martial Arts
JKD = Jeet Kune Do - Bruce Lee's Martial Art
KALI = Stick • Knife • Weapons and Empty Hand