NSAMA SCHEDULE 2025

NORTHSHORE ACADEMY OF MARTIAL ARTS

281 PETERSON RD • LIBERTYVILLE • IL • 60048 • 847.573.1672 • NSAMA.COM

MONDAY & WEDNESDAY

CLASS	AGE	TIME
SENSEI ALEX JOVICA YOUTH PRIVATE LESSONS	3-18	2:30-4:00 _{PM}
YOUTH MARTIAL ARTS	7-14	4:10-5:00рм
EARLY & BASIC SKILLS	3-6	5:00-5:30рм
YOUTH MARTIAL ARTS	7-14	5:40-6:30рм
YOUTH BLACK BELTS	10+	6:30-7:30рм
ADULT KICKBOXING	14+	6:30-7:30рм
WOMEN'S SELF DEFENSE	14+	7:30-8:30 _{PM}
ADULT JKD & KALI	14+	7:30-8:30 _{PM}

FRIDAY

CLASS	AGE	TIME
SENSEI ALEX JOVICA YOUTH PRIVATE LESSONS	3-18	2:30-4:00 _{PM}
EARLY & BASIC SKILLS	3-6	4:15-4:45рм
YOUTH MARTIAL ARTS	7-14	4:45-5:30рм
YOUTH ELITE SPARRING	7-14	5:40-6:30рм
YOUTH BLACK BELTS	10+	6:30-7:30рм
ADULT KICKBOXING	14+	6:30-7:30рм
ADULT JKD & KALI	14+	7:30-8:30 _{PM}

TUESDAY & THURSDAY

CLASS	AGE	TIME
GURO MARC HALLECK ADULT PRIVATE LESSONS	14+	9:00-10:00 _{AM}
YOUTH PRIVATE LESSONS	7-14	2:30-4:00 _{PM}
EARLY & BASIC SKILLS	3-6	4:00-4:30рм
YOUTH MARTIAL ARTS	7-14	4:40-5:30рм
YOUTH MARTIAL ARTS	7-14	5:40-6:30рм
ADULT PEKITI TIRSIA KALI	14+	6:30-7:30рм
YOUTH PEKITI TIRSIA KALI	7-14	6:30-7:30рм
YOUTH KICKBOXING	7-14	6:30-7:30рм
ADULT KICKBOXING	14+	7:30-9:00 _{PM}

ADULT JKD & KALI: JKD STANDS FOR JEET KUNE DO WHICH IS BRUCE LEE'S MARTIAL ART. KALI IN THIS CLASS IS INOSANTO KALI-ESKRIMA-KUNTAO-SILAT. LEARN STICK • KNIFE • WEAPONS & EMPTY HAND.

SATURDAY

CLASS	AGE	TIME
YOUTH KICKBOXING	7-14	9:30-10:30 _{AM}
RETIRED NAVY INSTRUCTOR JEFF MORRIS COMBAT CONDITIONING FREE FOR ALL NSA PARENTS AND STUDENTS	5+	10:30-11:30 _A M

SUNDAY

CLASS	AGE	TIME
ADULT KICKBOXING	7-14	9:00-10:00 _{AM}
YOUTH PEKITI TIRSIA KALI	7 -14	10:00-11:00am
ADULT PEKITI TIRSIA KALI	14+	10:00-11:00am
YOUTH STICK SPARRING	7-14	11am-12:00pm
ADULT STICK SPARRING	14+	11am-12:00pm
YOUTH COMBAT ARCHERY	7-14	12:00-1:00 PM
ADULT COMBAT ARCHERY	14+	12:00-1:00 PM