

**New Jersey Martial Arts Academy**  
**973-770-4555**



**Weekly Class Schedule**

Effective 09/01/2006

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

Class Time	RED	BLUE	RED	BLUE	RED	BLUE	RED	BLUE	RED	BLUE	RED	BLUE
5:00	(4:30-5:15) <b>XMA</b> <i>Bonus!</i>	5:00 <b>Tiny Tigers</b> 3 - 5 Yrs	5:00 <b>Chigo</b> Parent/Child Fitness	5:00 <b>Li'l Dragon</b> 6 - 8 Yrs		5:00 <b>Tiny Tigers</b> 3 - 5 Yrs		5:00 <b>Special Students</b>				8:00AM <b>Boot Camp</b> Cardio & Core Fitness
:15												
:30	5:15 <b>Chigo</b> Parent/Child Fitness	<b>Extra Help</b>		<b>Extra Help</b>		<b>Extra Help</b>		5:30 <b>Li'l Dragon</b> 6 - 8 Yrs				
:45		5:45 <b>Li'l Dragon</b> 6 - 8 Yrs		5:45 <b>XMA</b> <i>All Ranks</i>	5:45 <b>Jaguar</b> <i>White-Green</i> 9-12 Yrs	5:45 <b>Li'l Dragon</b> 6 - 8 Yrs						
6:00			6:00 <b>Tiny Tigers</b> 3 - 5 Yrs				6:00 <b>Tiny Tigers</b> 3 - 5 Yrs	6:00 <b>XMA</b> <i>All Ranks</i>		6:00 <b>Testing</b> <i>Junior White to Green</i>		9:00AM <b>Chigo</b> Parent/ Child Fitness
:15	6:15 <b>Jaguar</b> <i>All Ranks</i> 9-12 Yrs	6:15 <b>Teen &amp; Adults</b> 13 Yrs & Up										
:30			6:30 <b>Boot Camp</b> Cardio & Core Fitness	6:30 <b>Jaguar</b> <i>All Ranks</i> 9-12 Yrs	6:30 <b>Teen &amp; Adults</b> <i>Kyu Ranks</i> 13 Yrs & Up	6:30 <b>Jaguar</b> <i>Blue-Brown</i> 9-12 Yrs	6:30 <b>Boot Camp</b> Cardio & Core Fitness	6:45 <b>Jaguar</b> <i>All Ranks</i> 9-12 Yrs				9:45AM <b>Chigo</b> Parent/ Child Fitness
:45												
7:00	7:00 <b>JuJitsu</b> 10 Yrs & up	7:00 <b>Kardio K-Boxing</b> Aerobic Fitness		7:15 <b>Weapons</b> 12 Yrs & Up		7:00 <b>Weapons</b> 12 Yrs & Up						10:00AM <b>Tiny Tigers</b> 3 - 5 Yrs
:15												
:30					7:30 <b>Kardio K-Boxing</b> Aerobic Fitness			7:30 <b>JuJitsu</b> 10 Yrs & up	7:30 <b>Teen &amp; Adults</b> <i>All Ranks</i> 13 Yrs & Up			10:30AM <b>Li'l Dragon</b> 6 - 8 Yrs
:45												10:30AM <b>Kardio K-Boxing</b> Aerobic Fitness
8:00	8:00 <b>Private Lessons</b> By Appt Only	8:00 <b>Kendo Japanese Sword</b> 10 Yrs & Up		8:00 <b>Teen &amp; Adults</b> <i>All Ranks</i> 13 Yrs & Up		8:00 <b>Black Belt Workout</b>						11:00AM <b>Jaguar Teen &amp; Adults</b> <i>All Ranks</i>
:15												
:30												
:45												

**Class Schedule Subject to Change. Please Check Current Month's Calendar**