



MACDONALD ACADEMY OF MARTIAL ARTS

Weekly Class Schedule

Effective January 1, 2018

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Dragons	3:30pm	3:30 pm 5:00 pm	3:30 pm	3:30 pm 5:00 pm		9:00am
Kids Beginner	4:15pm	5:45pm	4:15 pm	5:45 pm		9:45am
Kids Intermediate	5:45pm	4:15 pm	5:00 pm	5:00 pm		10:45am
Kids Advanced	5:00 pm	5:00 pm	5:45pm	4:15 pm		11:30am
Black Belts		5:45 pm				11:30am
Teens	5:45 pm		5:45 pm	5:45 pm		
Adults Kenpo	7:30 pm			7:30 pm		
Krav Maga Fundamentals	7:30 pm	9:30 am 6:30 pm	6:30 pm	6:30 pm	9:30am	10:00am Fitness
Krav Maga Advanced	6:30 pm	9:30 am	6:30 pm		9:30am	

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