

Hoy's Martial Arts Academy

Adult Class Schedule 2016 - 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Jiu Jitsu 10:00-11:00am		Adult Jiu Jitsu 10:00-11:00am			Adult Jiu Jitsu 10:00-11:00am	Adult Jiu Jitsu 10:00-11:00am
Kettlebell Conditioning 6:30-7:15pm	Fitness Kickboxing 6:00-6:45pm	Kettlebell Conditioning 6:15-7:00pm	Fitness Kickboxing 6:00-6:45pm	Adult Open Mat 6:15 - ????	Adult JKD 11:30 - 12:30pm	Veterans Jiu Jitsu 11:30 - 12:30pm
Adult Jiu Jitsu 7:30-8:30pm	Adult JKD Phase Class All Levels 7:00-8:00pm	Kali/Silat 7:00 - 8:00pm	Adult JKD Phase Class All Levels 7:00-8:00pm			
Open Mat 8:30-9:30pm	Adult Jiu Jitsu No Gi 8:00 - 9:00pm	Adult Jiu Jitsu 8:00 - 9:00pm	Advanced JKD 8:00 - 8:45pm			
		Open Mat 9:00 - 10:00pm				
www.clevelandselfdefense.com		8181 Avery Rd Broadview Hts Ohio			216-965-5425	