

Hoy's Martial Arts Academy

Adult Class Schedule 2017

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Adult Jiu Jitsu 10:00 - 11:00 AM		Adult Jiu Jitsu 10:00 - 11:00 AM			Adult Jiu Jitsu 10:00 - 11:00 AM	Veteran and Adult Jiu Jitsu 10:15 - 11:15 AM
					Adult JKD 11:30 AM-12:30 PM	
	Fitness Kickboxing 6:00 - 6:45 PM		Fitness Kickboxing 6:00 - 6:45 PM	Adult Open Mat 6:15 PM - ???		
Adult Jiu Jitsu 7:30 - 8:30 PM	Adult JKD Phase Class - All Levels 7:00 - 8:00 PM	Adult Jiu Jitsu 7:30 - 8:30 PM	Adult JKD Phase Class All Levels 7:00 - 8:00 PM			
	Adult Jiu Jitsu 8:00 - 9:00 PM	Open Mat 9:00 - 10:00 PM	Advanced JKD 8:00 - 8:45 PM			

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