

ZMA Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing 12:15-1:00	Advanced Kids 4:45-5:35 pm	Kickboxing 12:15-1:00	Pre-School 4:00-4:30 pm	Kickboxing 12:15-1:00	Introduction to Martial Arts 10:00-10:50 am	Boxing 9:00-10:00 am
Beginner Kids 4:15-5:05 pm	Intermediate Kids 5:45-6:35 pm	Beginner Kids 4:15-5:05 pm	Advanced Kids 4:45-5:35 pm	Pre-School 5:15-5:45 pm	Pre-School 11:30 am-12:00 pm	MMA Training 10:00-11:00 am
Beginner Kids 5:15-6:05 pm	Beginner Kids 6:45-7:35 pm	Beginner Kids 5:15-6:05 pm	Intermediate Kids 5:45-6:35 pm	Black Belt Club 6:00-7:00 pm	Beginner Kids 12:10-1:00 pm	Brazilian Jiu Jitsu 11:00 am-12:30 pm
Intermediate Kids 6:15-7:05 pm	Teen/Adult 7:45-8:35 pm	Intermediate Kids 6:15-7:05 pm	Beginner Kids 6:45-7:35 pm	Kickboxing 7:00-7:45 pm	Intermediate Advanced Kids 1:10-2:00 pm	Advanced Kumite 1:00- 2:00 pm
Teen/Adult 7:15-8:45 pm		Adult Karate 7:15-8:45 pm	Teen/Adult 7:45-8:35 pm	Brazilian Jiu Jitsu 7:45-9:00 pm	Self-Defense Seminar 2:00-3:00 pm	
Open Training 9:00-10:00 pm		Open Training 9:00-10:00 pm			1st Saturday each Nunchuku Seminar 2:00-3:00 pm 2nd	