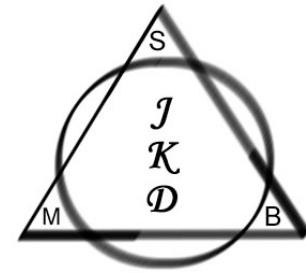


# NY MARTIAL ARTS ACADEMY

253-26 Northern Blvd., Little Neck NY 11362

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www.nymaa.com



|                     | MON                      | TUES                    | WED                                   | THURS                   | FRI                        | SAT                                    | SUN |
|---------------------|--------------------------|-------------------------|---------------------------------------|-------------------------|----------------------------|--|-----|
| <b>SCHOOL HOURS</b> | 9:00-9:00                | 9:00-9:00               | 9:00-9:00                             | 9:00-9:00               | 9:00-8:00                  | 9:00-1:00                              |     |
| 9:00-10:00          |                          |                         |                                       |                         |                            |  |     |
| 10:00-11:00         |                          | Intro Lessons           | JKD◇                                  | Private Lessons         | JKD                        | JKD◇                                   |     |
| 11:00-12:00         | Intro / Private Lessons  | Private Lessons         | Intro / Private Lessons               |                         | Intro Lessons              | Children's Jun Fan Gung Fu 11:15-12:05 |     |
| 12:00-2:00          | Little Dragons 1:30-2:00 | Private Lessons         | Little Dragons 1:30-2:00              | Private Lessons         | Private Lessons            | Little Dragons 12:15 – 12:45           |     |
| 2:00-4:00           | Young Dragons 3:45-4:35  |                         | Young Dragons 3:45-4:35               |                         |                            |  |     |
| 4:00-5:00           | Little Dragons 4:45-5:15 |                         | Little Dragons 4:45-5:15              |                         |                            |  |     |
| 5:00-6:00           | Young Dragons 5:20-6:10  | Private / Intro Lessons | Young Dragons 5:20-6:10               | Private / Intro Lessons | Little Dragons 5:00 – 5:30 |  |     |
| 6:00-7:00           | Open Floor               | Open Floor Time         | Open Floor                            |                         | Young Dragons 5:30-6:20    |  |     |
| 7:00-8:00           |                          |                         | JKD / Tool Development* 7:00-8:00     |                         | JKD Kickboxing*◇           | JKD 6:30-7:30                          |     |
| 8:00-9:00           | JKD 8:00 – 9:00          | JKD                     | JKD Trapping / Grappling* 8:00 – 9:00 | JKD                     |                            |  |     |

\* Allowed to attend after 4 weeks ◇ Class includes Sparring

**All students must have full equipment by the second month of training // All equipment must be brought to every class.**