

Kids Jiu-Jitsu 8yrs and up	
Monday	
Tuesday	5:45-6:30
Wednesday	
Thursday	5:45-6:30

Adult Jiu-Jitsu	
Monday	6:45-7:45
Tuesday	7:00-8:00
Wednesday	
Thursday	7:00-8:00

Kids Jiu-Jitsu 5-7yr olds	
Monday	
Tuesday	6:30-7:00
Wednesday	
Thursday	6:30-7:00

Muay Thai Kickboxing Class	
Monday	8:00AM
Wednesday	8:00AM
Friday	8:00AM
Saturday	8:00AM

Little Dragons	
Monday	5:45
Tuesday	3:30
Wednesday	5:45
Thursday	3:30
Saturday	9:00

Beginners	
Monday	3:30 and 6:15
Tuesday	4:00
Wednesday	3:30 and 6:15
Thursday	4:00
Saturday	9:00

Intermediate / Advanced		
Monday	4:15 (ages 7-9)	5:00 (ages 10-12)
Tuesday	5:45 (ages 7-9)	6:30(ages 10-12)
Wednesday	4:15 (ages 7-9)	5:00 (ages 10-12)
Thursday	5:45 (ages 7-9)	6:30 (ages 10-12)
Saturday	9:45	

Masters Class	
Friday	5:00

Adult	
Monday	7:00
Tuesday	4:45
Wednesday	7:00
Thursday	4:45
Saturday	9:45

After School Program	
Monday	Pick up - 6:00
Tuesday	Pick up - 6:00
Wednesday	Pick up - 6:00
Thursday	Pick up - 6:00
Friday	Pick up - 6:00



Please like our Facebook pages, [facebook.com/rbkama1](https://www.facebook.com/rbkama1), and [facebook.com/awesomeafterschool](https://www.facebook.com/awesomeafterschool) as well as asking to join our group Facebook page, **KAMA family**. It's the best way to stay up-to-date about events, closures, etc.



You can also follow us on Twitter [@rbkama](https://twitter.com/rbkama)



Or on [Pinterest.com/rbkama](https://www.pinterest.com/rbkama)



And on Instagram [@rbkama](https://www.instagram.com/rbkama)