

KAMA CLASS SCHEDULE



*** Schedule will take effect August 24, 2020

Little Dragons	
Monday	5:45
Tuesday	3:00
Wednesday	5:45
Thursday	3:00
Saturday	8:45

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

Jiu-Jitsu 5-7	
Tuesday	5:30
Thursday	5:30

Jiu-Jitsu Kids	
Tuesday	6:00
Thursday	6:00

Int/Adv 7-9	
Monday	4:15
Tuesday	3:30 and 6:00
Wednesday	4:15
Thursday	3:30 and 6:00
Saturday	10:00

Int/Adv 10-12	
Monday	5:00
Tuesday	6:45
Wednesday	5:00
Thursday	6:45
Saturday	10:00

Jiu-Jitsu Adult	
Monday	7:00
Tuesday	7:00
Thursday	7:00

Adult	
Monday	7:00
Tuesday	5:00
Wednesday	7:00
Thursday	5:00
Saturday	10:00

ZOOM Options	
Little Dragons	T/Th 5:15
Int/Adv All Ages	M/W 5:00
Beginners	T/Th 5:15
Adults	On Our App

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

Master Class	
Friday	5:00

Demo Team	
Tuesday	7:30
Thursday	7:30

Private Lessons	
Available by appointment only.	



Please like our Facebook pages, facebook.com/rbkama1, and 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:



Pinterest.com/rbkama



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