

KAMA CLASS SCHEDULE



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

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

Jiu-Jitsu Adult Open Mat	
Monday	6:00 PM
Tuesday (No Gi)	8:00 PM
Wednesday	7:00 PM
Thursday	8:00 PM

Beginners	
Monday	6:15 PM
Tuesday	4:15 PM
Wednesday	6:15 PM
Thursday	4:15 PM
Saturday	9:15 AM

Demo Team	
Tuesday	7:30 PM

Women's Self Defense	
Wednesday	6:00 PM

Master Class	
Tuesday	6:45 PM

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

Int/Adv 7-9	
Monday	4:15 PM
Tuesday	6:00 PM
Wednesday	4:15 PM
Thursday	6:00 PM
Saturday	10:00 AM

Jiu-Jitsu 5-7	
Tuesday	4:15 and 5:30 PM
Thursday	4:15 and 5:30 PM

Private Lessons	
By appointment only	

Jiu-Jitsu 8+	
Tuesday	4:45 and 6:00 PM
Thursday	4:45 and 6:00 PM

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

Jiu-Jitsu Adult	
Monday	7:00 PM
Tuesday (No Gi)	7:00 PM
Thursday	7:00 PM



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 groupFacebook page, **KAMA Family**. It's the best way to stay up-to-date about events, closures, etc.



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



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