



# Lenderman Academy of Martial Arts

## Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10AM		Cage Fitness 10:00 - 10:40		Cage Fitness 10:00 - 10:40		Junior (Make Up) 10:00 - 10:45
11AM		Adults 11:00 - Noon		Adults 11:00 - Noon		Adult Open Gym 11:00 - Noon
4PM	Juniors 5:00 - 5:45 Little Ninjas 5:00 - 5:35	Juniors 5:00 - 5:45 Little Ninjas 5:00 - 5:35	Juniors 5:00 - 5:45 Little Ninjas 5:00 - 5:35	Juniors 5:00 - 5:45 Little Ninjas 5:00 - 5:35	Black Belt Club 5:00 - 6:00	
5PM	Little Dragons 5:00 - 5:30		Little Dragons 5:00 - 5:30			
6PM	Adults 5:45 - 6:45 Juniors 6:00 - 6:45	Juniors 6:00 - 6:45 Little Ninjas 6:00 - 6:35	Adults 5:45 - 6:45 Juniors 6:00 - 6:45	Juniors 6:00 - 6:45 Little Ninjas 6:00 - 6:35	Junior (Make Up) 6:00 - 6:45 Adult Open Gym 6:45 - 7:45	
7PM	Juniors 7:00 - 7:45 Black Belts 7:00 - 8:00	Juniors 7:00 - 7:45 Adults 6:50 - 7:45	Juniors 7:00 - 7:45 Black Belts 7:00 - 8:00	Juniors 7:00 - 7:45 Adults 6:50 - 7:45		
8PM	MMA 8:00 - 9:00	Cage Fitness 8:00 - 9:00	MMA 8:00 - 9:00	Cage Fitness 8:00 - 9:00		

Lenderman Academy of Martial Arts, Inc  
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