



AMA BLACK BELT ACADEMY

Class Schedule



Try it out! Schedule your 1st FREE class! ★ Unlimited Classes ★ Lil' Ninja's, Beginners, Intermediate, Advanced Classes

Preschool PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Ninja's (LN White – LN Black Belt) Ages 4 & 5 yrs. old	5:30 – 6:00	5:30 – 6:00	All Ranks 5:30 - 6:00	5:30 – 6:00	All Ranks 5:30 - 6:00	Testing/Special Events
UNLIMITED PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Beginner (Jr. Belt Program) Ages 5 & 6 yrs. old: In Kindergarten	5:30 – 6:15	5:30 – 6:15	All Ranks 5:30 - 6:15	5:30 – 6:15	All Ranks 5:30 – 6:15	Testing/Special Events
Beginner Team (White, Yellow, Sr. Yellow) Ages 6 – 11 yrs. old	5:30 – 6:15	5:30 – 6:15	All Ranks 5:30 – 6:15	5:30 – 6:15	All Ranks 5:30 – 6:15	Testing/Special Events
Intermediate Team (Jr. Green – Sr. Blue) Ages 6 - 11 yrs. old	5:30 – 6:15	5:30 – 6:15	All Ranks 5:30 – 6:15	Sparring 6:15 – 7:00	All Ranks 5:30 – 6:15	Testing/Special Events
Advanced Team (Jr. Red – Black Belt) Ages 6 - 12 yrs. old	6:15 – 7:00	6:15 – 7:00	All Ranks 5:30 – 6:15	Sparring 6:15 – 7:30	All Ranks 5:30 - 6:15	Testing/Special Events
Teen/Family/Adult Class (All Ranks) Ages 13 yrs. old - Adult		7:00 - 7:45	All Ranks 5:30 – 6:15	Sparring 6:15 - 7:30	All Ranks 5:30 – 6:15	Testing/Special Events
Black Belt Leadership Team Black Belt Only (Black/White Belt & Above)	7:00 – 7:45		6:15 – 7:30	Sparring 6:15 - 7:30		Testing/Special Events
Specialty Class: Wing Chun/Escrima Ages 13 – Adult Sifu Graham Weedon: Invite Only		7:45 – 9:15		7:45 – 9:15		8:30 – 10:00am