

# November 2018



THE WAY OF THE  
**SHADOW**  
MARTIAL ARTS ACADEMY

## Ages

Micro Ninjas Class: 3 - 4    Junior Ninjas Class: 11 - 15  
Mini Ninjas Class: 4 - 6    Masters Class: 7 - 15  
Little Ninjas Class: 7 - 10    Adult Class: 16 +

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED</b>	<b>A</b> 3:00-3:30 - Mini Ninjas (OS) 3:30-4:00 - Mini Ninjas (BS) 4:00-4:30 - Little Ninjas (BS) 4:30-5:15 - Junior Ninjas 5:15-6:00 - Adv. Junior Ninjas 6:00-6:30 - Little Ninjas (RS) 6:30-7:00 - Adv. Little Ninjas 7:00-8:00 - Adult Class 8:00-8:30 - Adv. Adult Class	<b>A</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Little Ninjas (RS) 4:15-4:45 - Adv. Little Ninjas 4:45-5:15 - Black Belts 5:15-5:45 - Mini Ninjas (BS) 5:45-6:15 - Little Ninjas (BS) 6:15-7:00 - Junior Ninjas 7:00-7:45 - Adv. Junior Ninjas 7:45-8:45 - Adult Class 8:45-9:30 - Adult Black Belts	<b>CLOSED</b>	<b>1</b> <b>A</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Little Ninjas (RS) 4:15-4:45 - Adv. Little Ninjas 4:45-5:15 - Black Belts 5:15-5:45 - Mini Ninjas (BS) 5:45-6:15 - Little Ninjas (BS) 6:15-7:00 - Junior Ninjas 7:00-7:45 - Adv. Junior Ninjas 7:45-8:45 - Adult Class	<b>2</b> <b>B</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Mini Ninjas (BS) 4:15-4:45 - Little Ninjas Sparring (Age 7-8) 4:45-5:15 - Little Ninjas Sparring (Age 9-10) 5:15-6:00 - Junior Ninjas Sparring 6:00-6:30 - Black Belts 6:30-7:00 - Adult Intro/Review	<b>3</b> <b>B</b> 7:50-9:00 Yoga with Dayna 9:30-10:30am - Masters 10:30-11am - Black Belt 11:00-12pm - Adult Class 12:00-1pm - Adv. Adult Class
<b>CLOSED</b>	<b>5</b> <b>A</b> 3:00-3:30 - Mini Ninjas (OS) 3:30-4:00 - Mini Ninjas (BS) 4:00-4:30 - Little Ninjas (BS) 4:30-5:15 - Junior Ninjas 5:15-6:00 - Adv. Junior Ninjas 6:00-6:30 - Little Ninjas (RS) 6:30-7:00 - Adv. Little Ninjas 7:00-8:00 - Adult Class 8:00-8:30 - Adv. Adult Class	<b>6</b> <b>A</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Little Ninjas (RS) 4:15-4:45 - Adv. Little Ninjas 4:45-5:15 - Black Belts 5:15-5:45 - Mini Ninjas (BS) 5:45-6:15 - Little Ninjas (BS) 6:15-7:00 - Junior Ninjas 7:00-7:45 - Adv. Junior Ninjas 7:45-8:45 - Adult Class 8:45-9:30 - Adult Black Belts	<b>7</b> <b>B</b> 3:00-3:30 - Mini Ninjas (OS) 3:30-4:00 - Mini Ninjas (BS) 4:00-4:30 - Little Ninjas (BS) 4:30-5:15 - Junior Ninjas 5:15-6:00 - Adv. Junior Ninjas 6:00-6:30 - Little Ninjas (RS) 6:30-7:00 - Adv. Little Ninjas 7:00-8:00 - Adult Class 8:00-8:30 - Adv. Adult Class	<b>8</b> <b>B</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Little Ninjas (RS) 4:15-4:45 - Adv. Little Ninjas 4:45-5:15 - Black Belts 5:15-5:45 - Mini Ninjas (BS) 5:45-6:15 - Little Ninjas (BS) 6:15-7:00 - Junior Ninjas 7:00-7:45 - Adv. Junior Ninjas 7:45-8:45 - Adult Class	<b>9</b> <b>A</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Mini Ninjas (BS) 4:15-4:45 - Little Ninjas Sparring (Age 7-8) 4:45-5:15 - Little Ninjas Sparring (Age 9-10) 5:15-6:00 - Junior Ninjas Sparring 6:00-6:30 - Black Belts 6:30-7:00 - Adult Intro/Review	<b>10</b> <b>A</b> 7:50-9:00 Yoga with Dayna 9:30-10:30am - Masters 10:30-11am - Black Belt 11:00-12pm - Adult Class 12:00-1pm - Adv. Adult Class
<b>CLOSED</b>	<b>12</b> <b>B</b> 3:00-3:30 - Mini Ninjas (OS) 3:30-4:00 - Mini Ninjas (BS) 4:00-4:30 - Little Ninjas (BS) 4:30-5:15 - Junior Ninjas 5:15-6:00 - Adv. Junior Ninjas 6:00-6:30 - Little Ninjas (RS) 6:30-7:00 - Adv. Little Ninjas 7:00-8:00 - Adult Class 8:00-8:30 - Adv. Adult Class	<b>13</b> <b>B</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Little Ninjas (RS) 4:15-4:45 - Adv. Little Ninjas 4:45-5:15 - Black Belts 5:15-5:45 - Mini Ninjas (BS) 5:45-6:15 - Little Ninjas (BS) 6:15-7:00 - Junior Ninjas 7:00-7:45 - Adv. Junior Ninjas 7:45-8:45 - Adult Class 8:45-9:30 - Adult Black Belts	<b>14</b> <b>A</b> 3:00-3:30 - Mini Ninjas (OS) 3:30-4:00 - Mini Ninjas (BS) 4:00-4:30 - Little Ninjas (BS) 4:30-5:15 - Junior Ninjas 5:15-6:00 - Adv. Junior Ninjas 6:00-6:30 - Little Ninjas (RS) 6:30-7:00 - Adv. Little Ninjas 7:00-8:00 - Adult Class 8:00-8:30 - Adv. Adult Class	<b>15</b> <b>A</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Little Ninjas (RS) 4:15-4:45 - Adv. Little Ninjas 4:45-5:15 - Black Belts 5:15-5:45 - Mini Ninjas (BS) 5:45-6:15 - Little Ninjas (BS) 6:15-7:00 - Junior Ninjas 7:00-7:45 - Adv. Junior Ninjas 7:45-8:45 - Adult Class	<b>16</b> <b>B</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Mini Ninjas (BS) 4:15-4:45 - Little Ninjas Sparring (Age 7-8) 4:45-5:15 - Little Ninjas Sparring (Age 9-10) 5:15-6:00 - Junior Ninjas Sparring 6:00-6:30 - Black Belts 6:30-7:00 - Adult Intro/Review	<b>17</b> <b>B</b> 7:50-9:00 Yoga with Dayna 9:30-10:30am - Masters 10:30-11am - Black Belt 11:00-12pm - Adult Class 12:00-1pm - Adv. Adult Class
<b>CLOSED</b>	<b>19</b> <b>A</b> 3:00-3:30 - Mini Ninjas (OS) 3:30-4:00 - Mini Ninjas (BS) 4:00-4:30 - Little Ninjas (BS) 4:30-5:15 - Junior Ninjas 5:15-6:00 - Adv. Junior Ninjas 6:00-6:30 - Little Ninjas (RS) 6:30-7:00 - Adv. Little Ninjas 7:00-8:00 - Adult Class 8:00-8:30 - Adv. Adult Class	<b>20</b> <b>A</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Little Ninjas (RS) 4:15-4:45 - Adv. Little Ninjas 4:45-5:15 - Black Belts 5:15-5:45 - Mini Ninjas (BS) 5:45-6:15 - Little Ninjas (BS) 6:15-7:00 - Junior Ninjas 7:00-7:45 - Adv. Junior Ninjas 7:45-8:45 - Adult Class 8:45-9:30 - Adult Black Belts	<b>GAME DAY/SEMINAR</b> <b>21</b> <b>B</b> 3:00-3:30 - Mini Ninjas (OS) 3:30-4:00 - Mini Ninjas (BS) 4:00-4:30 - Little Ninjas (BS) 4:30-5:15 - Junior Ninjas 5:15-6:00 - Adv. Junior Ninjas 6:00-6:30 - Little Ninjas (RS) 6:30-7:00 - Adv. Little Ninjas 7:00-8:00 - Adult Class 8:00-8:30 - Adv. Adult Class	 <b>CLOSED</b>	 <b>CLOSED</b>	 <b>CLOSED</b>
<b>CLOSED</b>	<b>26</b> <b>B</b> 3:00-3:30 - Mini Ninjas (OS) 3:30-4:00 - Mini Ninjas (BS) 4:00-4:30 - Little Ninjas (BS) 4:30-5:15 - Junior Ninjas 5:15-6:00 - Adv. Junior Ninjas 6:00-6:30 - Little Ninjas (RS) 6:30-7:00 - Adv. Little Ninjas 7:00-8:00 - Adult Class 8:00-8:30 - Adv. Adult Class	<b>27</b> <b>B</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Little Ninjas (RS) 4:15-4:45 - Adv. Little Ninjas 4:45-5:15 - Black Belts 5:15-5:45 - Mini Ninjas (BS) 5:45-6:15 - Little Ninjas (BS) 6:15-7:00 - Junior Ninjas 7:00-7:45 - Adv. Junior Ninjas 7:45-8:45 - Adult Class 8:45-9:30 - Adult Black Belts	<b>28 KYU TESTING</b> <b>B</b> 3:00-3:30 - Mini Ninjas (OS) 3:30-4:00 - Mini Ninjas (BS) 4:00-4:30 - Little Ninjas (BS) 4:30-5:15 - Junior Ninjas 5:15-6:00 - Adv. Junior Ninjas 6:00-6:30 - Little Ninjas (RS) 6:30-7:00 - Adv. Little Ninjas 7:00-8:00 - Adult Class 8:00-8:30 - Adv. Adult Class	<b>29 KYU TESTING</b> <b>B</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Little Ninjas (RS) 4:15-4:45 - Adv. Little Ninjas 4:45-5:15 - Black Belts 5:15-5:45 - Mini Ninjas (BS) 5:45-6:15 - Little Ninjas (BS) 6:15-7:00 - Junior Ninjas 7:00-7:45 - Adv. Junior Ninjas 7:45-8:45 - Adult Class	<b>30</b> <b>B</b> 3:15-3:45 - Mini Ninjas (OS) 3:45-4:15 - Mini Ninjas (BS) 4:15-4:45 - Little Ninjas Sparring (Age 7-8) 4:45-5:15 - Little Ninjas Sparring (Age 9-10) 5:15-6:00 - Junior Ninjas Sparring 6:00-6:30 - Black Belts 6:30-7:00 - Adult Intro/Review	<b>Dec 1</b> <b>B</b> 7:50-9:00 Yoga with Dayna 9:30-10:30am - Masters 10:30-11am - Black Belt 11:00-12pm - Adult Class 12:00-1pm - Adv. Adult Class