



Martial Arts America

5642 Woodbine Rd.

(850) 995-4191



Maapace@gmail.com or visit us at <http://maafamilykarate.com>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Dragons	5:15-5:45 PM	4:30-5:00 PM	~	4:30-5:00 PM	4:00-4:30 PM	9:00-9:30 AM
BBT Little Dragons	SPARRING 4:45-5:15 PM	~	~	WEAPONS 5:00-5:30 PM	~	10:15-10:45 AM Weapons/ Sparring
Jr. Adult Beginner	6:30-7:15 PM	5:30-6:15 PM	6:00-6:45 PM	~	4:30-5:15 PM	9:30-10:15 AM
BBT Jr. Adult	~	SPARRING 5:00-5:30 PM	WEAPONS 5:30-6:00 PM	WEAPONS 5:00-5:30 PM	~	10:15-10:45 AM Weapons/ Sparring
Jr. Adult Intermediate/Advanced	~	6:45-7:30 PM	4:45-5:30 PM	5:30-6:15 PM	4:30-5:15 PM	9:30-10:15 AM
BBT Jr. Adult Intermediate & Advanced	~	SPARRING 6:15-6:45 PM	WEAPONS 5:30-6:00 PM	WEAPONS 6:15-6:45 PM	~	10:15-10:45 AM Weapons/ Sparring
Black Belts	5:45-6:30 PM	~	4:00-4:45 PM	~	~	~
Adult All	7:30-8:15 PM Floor 2	7:30-8:15 PM	7:30-8:15 PM Floor 2	7:45-8:30 PM	~	10:45-11:30 AM
BBT Adult	DRILLS Floor 2 8:15-8:45 PM	SPARRING 8:15-9:00 PM	WEAPONS Floor 2 8:15-8:45 PM	WEAPONS 8:30-9:00 PM	~	10:15-10:45 AM Weapons/ Sparring
Xtreme Team	~	~	~	~	6:00-7:00 PM	~
KRAV MAGA Level 1	7:15-8:10 PM	~	7:45-8:40 PM	6:45-7:40 PM	6:30-7:25 PM Floor 2	~
KRAV MAGA Level 2	8:15-9:10 PM	~	6:45-7:40 PM		7:30-8:25 PM (Tent. On Att)	~
Red/Black (6 month prep)	~	~	~	~	5:15-6:00 PM	~
2 nd Degree Jr. Continuing Ed.	~	6:30-7:30 PM	~	~	~	~

Beginner Belts: White through Green belts

Intermediate: Blue through Brown belts

Advanced: Red & Red/Black Belts



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Little Dragons 4-6 yrs

Jr. Adult 7-12 yrs

Adult 12 yrs and Up

Krav Maga 16 yrs and Up