

# MWAMA Class Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>UNIT</b>	4:00-4:30	Kids Class Warm Ups	Kids Class Warm Ups	Kids Class Warm Ups		Kids Class Warm Ups	No Classes	No Classes
	4:30-5:30	Kids Class Karate Sensei Wendy SempI Cates	Kids Sparring Techniques/ Competition SempI Cates	Kids Class Karate Sensei Wendy SempI Cates		Kids Class Karate Sensei Wendy SempI Cates		
	5:30-6:30	5:45-7:15 Adult Class Karate Sensei Wendy SempI Dan & SempI Cates	Cardio Karate Dan & Wendy	5:45-7:15 Adult Class Karate/Weapons Sensei Wendy SempI Dan & SempI Cates	Cardio Karate Dan & Wendy	5:45-7:15 Adult Class Karate Sensei Wendy SempI Dan & SempI Cates		
	6:30-7:30							
<b>Unit</b>	5:00-6:00 am		5:00-6:00 BJJ GI MENS ONLY Mr. Stacey		5:00-6:00 BJJ NO GI MENS ONLY Mr. Stacey			
	8:30-10:00 am						9:30-11:30 Aikido Sensei Blackburn	
	4:30-5:30	Little Warriors SempI Dan		Little Warriors SempI Dan	Kids BJJ NO GI Mr. Stacey	Little Warriors SempI Dan		
	5:30-6:30	Open Gym	Open Gym	Open Gym		Open Gym		
	6:30-7:30			Open Gym	7:00-8:30 Aikido Sensei Blackburn	Open Gym		
	7:30-9:00	7:30-9:00 Adult BJJ GI Mr. Stacey		7:30-9:00 Adult BJJ GI Mr. Stacey		7:30-9:00 Adult BJJ NO GI Mr. Stacey		