

# GEORGIA MARTIAL ARTS & SELF DEFENSE

## ADULT SCHEDULE (AGES 12+)

### AIKI JUJUTSU: AGES 12+(1 HOUR CLASS)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO CLASS	6:30PM	6:30PM (TEEN CLASS)	7:30PM	6:30PM	NO CLASS	(AIKI: 1 HR) (BO: 30 MIN) 9:00AM-10:30AM 10:30AM-11:00AM

### SHINKENDO: (1 HOUR CLASS)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO CLASS	7:30PM	No CLASS	6:30PM	7:30PM	No CLASS	11:00AM

### JUDO : AGES (2 HOUR CLASS)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00PM	6:30PM	6:30PM	6:30PM	6:30PM	No CLASS	No CLASS

### FITNESS & YOGA (1 HOUR CLASS)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No CLASS	5:30PM (STRENGTH)	4:30PM (YOGA)	5:30PM (STRENGTH)	No CLASS	No CLASS	No CLASS

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