



MARTIAL ARTS ACADEMY

251 WOODLAWN RD., UNIT 217
 GUELPH, ON
 226-541-3656
 WWW.AMAA.CA

| | |
|--------------|--------------------|
| Kids Karate | Fitness Kickboxing |
| Adult Karate | Tiny Tots |
| Kickboxing | Yoga |

| Dojo #1 | | | | | | |
|--|--|--|--|---|--|--|
| Monday Kata | Tuesday Kata | Wednesday Sparring Self Defense | Thursday Sparring Self Defense | Friday Weeks 1 and 3 - Kata Weeks 2 and 4 - Spar & S.D. | Saturday | Sunday |
| 5:30pm - 6:15pm Karate - Kids Orange to Advanced Brown | 5:30pm - 6:15pm Karate - Kids White and Yellow | 5:30pm - 6:15pm Karate - Kids Orange to Advanced Brown | 5:30pm - 6:15pm Karate - Kids White and Yellow | 5:30pm - 6:15pm Karate - Kids Orange to Advanced Brown | Private Lessons Available Ask for Details | Private Lessons Available Ask for Details |
| 6:15pm - 7:00pm Karate - Kids White and Yellow | 6:15pm - 7:00pm Karate - Kids Orange to Advanced Brown | 6:15pm - 7:00pm Karate - Kids White and Yellow | 6:15pm - 7:00pm Karate - Kids Orange to Advanced Brown | 6:15pm - 7:00pm Karate - Kids White and Yellow | 9:00am - 9:45am Karate - Kids White and Yellow | |
| 7:00pm - 8:30pm Karate - Adult & Teens (All Belts) | 7:00pm - 8:30pm Karate - Adult & Teens (All Belts) | 7:00pm - 8:30pm Karate - Adult & Teens (All Belts) | 7:00pm - 8:30pm Karate - Adult & Teens (All Belts) | 7:00pm - 8:30pm Karate - Adult & Teens (All Belts) | 10:00am - 11:00am Karate - Adult & Teens (All Belts) | |

| Dojo #2 | | | | | | |
|--|--|---------------------------------------|---------------------------------------|---|--|--|
| Monday Kata | Tuesday Kata | Wednesday Sparring Self Defense | Thursday Sparring Self Defense | Friday Weeks 1 and 3 - Kata Weeks 2 and 4 - Spar & S.D. | Saturday | Sunday |
| | 9:00am - 9:45am Fitness Kickboxing | 9:00am - 9:45am Fitness Kickboxing | | | Private Lessons Available Ask for Details | Private Lessons Available Ask for Details |
| | 10:00am - 10:45am Yoga Vinyasa/Hatha | 10:00am - 10:45am Yoga Yin | | | 9:00am - 9:45am Fitness Kickboxing | |
| | 11:00am - 11:45am Chair Yoga | 11:00am - 11:45am Chair Yoga | | | 10:00am - 11:00am Kickboxing | |
| 5:30pm - 6:15pm Yoga Vinyasa/Hatha | 5:30pm - 6:00pm Tiny Tots Level 1 | | 5:30pm - 6:15pm Fitness Kickboxing | | | |
| 6:15pm - 7:00pm Fitness Kickboxing | 6:00pm - 6:30pm Tiny Tots Level 2 | 6:15pm - 7:00pm Fitness Kickboxing | 6:15pm - 7:15pm Kickboxing | 6:15pm - 7:00pm Fitness Kickboxing | | |
| 7:00pm - 8:00pm Kickboxing | 6:30pm - 7:00pm Tiny Tots Level 3 | | 7:15pm - 8:15pm B-Board Fitness | 7:00pm - 8:00pm Kickboxing | | |
| | 7:00pm - 7:45pm Fitness Kickboxing | | | | | |
| | 8:00pm - 9:00pm B-Board Fitness | | | | | |