



MARTIAL ARTS ACADEMY

251 WOODLAWN RD., UNIT 217

GUELPH, ON

226-541-3656

WWW.AMAA.CA

Kids Karate	Fitness Kickboxing
Adult Karate	Tiny Tots
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		
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)		

**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			9:00am - 9:45am Fitness Kickboxing	
	10:00am - 10:45am Yoga Vinyasa/Hatha	10:00am - 10:45am Yoga Yin			Private Lessons Available Ask for Details	Private Lessons Available Ask for Details
	11:00am - 11:45am Chair Yoga	11:00am - 11:45am Chair Yoga				
5:30pm - 6:15pm Fitness Kickboxing	5:30pm - 6:00pm Tiny Tots Level 1		5:30pm - 6:15pm Fitness Kickboxing	5:30pm - 6:15pm Fitness Kickboxing		
	6:00pm - 6:30pm Tiny Tots Level 2					
6:30pm - 7:15pm Yoga Vinyasa/Hatha	6:30pm - 7:00pm Tiny Tots Level 3	6:15pm - 7:00pm Fitness Kickboxing	6:30pm - 7:15pm Yoga Yin			
	7:00pm - 7:45pm Fitness Kickboxing	8:00pm - 8:45pm Fitness Kickboxing	7:30pm - 8:15pm Fitness Kickboxing			