



MARTIAL ARTS ACADEMY

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

Dojo #1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kata	Kata	Self Defense and Sparring	Self Defense and Sparring	Weeks 2 and 4 - Kata Weeks 1 and 3 - S.D. Spar		
5:30pm - 6:15pm Kids Orange to Advanced Brown	5:30pm - 6:15pm Kids White and Yellow	5:30pm - 6:15pm Kids Orange to Advanced Brown	5:30pm - 6:15pm Kids White and Yellow	5:30pm - 6:15pm Kids Orange to Advanced Brown	Private Lessons Available Ask for Details	Private Lessons Available Ask for Details
6:15pm - 7:00pm Kids White and Yellow	6:15pm - 7:00pm Kids Orange to Advanced Brown	6:15pm - 7:00pm Kids White and Yellow	6:15pm - 7:00pm Kids Orange to Advanced Brown	6:15pm - 7:00pm Kids White and Yellow		
7:00pm - 8:30pm Adult (all belts)	7:00pm - 8:30pm Adult (all belts)	7:00pm - 8:30pm Adult (all belts)	7:00pm - 8:30pm Adult (all belts)	7:00pm - 8:30pm Adult (all belts)		

Dojo #2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00am - 9:45am Yoga	9:00am - 9:45am Fitness Kickboxing				
	10:00am - 10:45am Fitness Kickboxing	10:00am - 10:45am Yoga			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			
6:30pm - 7:15pm Yoga			6:30pm - 7:15pm Yoga			