



# CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>KIDS</b> -AGES 5 & UP <b>JIU JITSU</b> 5:00 pm - 6:00 pm		<b>KIDS</b> -AGES 5 & UP <b>JIU JITSU</b> 5:00 pm - 6:00 pm	<b>FMA/JKD</b> <b>SILAT</b> (all ranks) 11:00 am -12:00pm	
	<b>Muay Thai</b> <b>Kickboxing</b> (all ranks) 12:00 pm - 1:00pm	<b>ADULTS (ALL RANKS)</b> <b>JIU JITSU</b> (all ranks) 6:00 pm - 7:30 pm	<b>Muay Thai</b> <b>Kickboxing</b> (all ranks) 12:00 pm - 1:00pm	<b>ADULTS (ALL RANKS)</b> <b>JIU JITSU</b> (all ranks) 6:00 pm - 7:30 pm	<b>Muay Thai</b> <b>Kickboxing</b> (all ranks) 12:00 pm - 1:00pm	<b>JIU JITSU</b> <b>ADULTS</b> (all Ranks) 10:00 am - 11:30 am
	<b>KIDS</b> - AGES 5 & UP <b>STANDUP</b> <b>PROGRAM</b> 5:15 pm - 6:00 pm		<b>KIDS</b> - AGES 5 & UP <b>STANDUP</b> <b>PROGRAM</b> 5:15 pm - 6:00 pm		<b>KIDS</b> -AGES 5 & UP <b>STANDUP</b> <b>PROGRAM</b> 5:15 pm - 6:00 pm	
	<b>Muay Thai</b> <b>Kickboxing</b> (all ranks) 6:00 pm - 7:00 pm		<b>Muay Thai</b> <b>Kickboxing</b> (all ranks) 6:00 pm - 7:00 pm		<b>Muay Thai</b> <b>Kickboxing</b> (all ranks) 6:00 pm - 7:00 pm	
		<b>FMA/JKD</b> <b>SILAT</b> (all ranks) 7:30 pm - 9:00 pm		<b>FMA/JKD</b> <b>SILAT</b> (all ranks) 7:30 pm - 9:00 pm		
	<b>CSW/MMA</b> (all ranks) 7:30 pm - 8:30 pm	<b>CSW/MMA</b> (all ranks) 7:30 pm - 8:30 pm	<b>CSW/MMA</b> (all ranks) 7:30 pm - 8:30 pm			
<b>OPEN MAT: Mon. -Thurs.: 5:00 pm-9:00 pm * Fri. 5:00 pm-7:30 pm * Sat 10:00 am-11:30 am</b>						

Eastern Academy of Mixed Martial Arts 3900 Bonney Road Suite 213 Virginia Beach, Virginia 23452 [www.EasternAcademy.com](http://www.EasternAcademy.com)

757-486-5200

Students should arrive 10 minutes before class. Tardiness will not be accepted. Please respect classes that are in progress by keeping noise to a minimum. Students will be notified of any schedule changes.