

CLASS SCHEDULE

	ANTANIA					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Little Dragons		Little Dragons		
		JIU JITSU		JIU JITSU		
		5:00 pm - 6:00 pm		5:00 pm - 6:00 pm		
	Muay Thai	JIU JITSU	Muay Thai	JIU JITSU	Muay Thai	JIU JITSU
	Kickboxing	6:00 pm - 7:30 pm	Kickboxing	6:00 pm - 7:30 pm	Kickboxing	10:00 am - 11:30 am
	12:00 pm - 1:00pm		12:00 pm - 1:00pm	0.00 pm - 7.50 pm	12:00 pm - 1:00pm	
	Little Dragons		Little Dragons		Little Dragons	
	Mixed Arts		Mixed Arts		Mixed Arts	
	5:00 pm - 6:00 pm		5:00 pm - 6:00 pm		5:00 pm - 6:00 pm	
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	Muay Thai		Muay Thai		Muay Thai	
	Kickboxing		Kickboxing		Kickboxing	
	6:00 pm - 7:00 pm		6:00 pm - 7:00 pm		6:00 pm - 7:00 pm	
		FMA/JKD		FMA/JKD		
		SILAT		SILAT		
		7:30 pm - 9:00 pm		7:30 pm - 9:00 pm		
	CSW/MMA	CSW/MMA	CSW/MMA			
	7:30 pm - 8:30 pm	7:30 pm - 8:30 pm	7:30 pm - 8:30 pm			

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.

OPEN MAT: Mon. -Thurs.: 5:00 pm-9:00 pm * Fri. 5:00 pm-7:30 pm * Sat 10:00 am-11:30 am

Eastern Academy of Mixed Martial Arts 3900 Bonney Road Suite 213 Virginia Beach, Virgina 23452 www.EasternAcademy.com 757-486-5200

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