



CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Little Dragons JIU JITSU 5:00 pm - 6:00 pm		Little Dragons JIU JITSU 5:00 pm - 6:00 pm		
	Muay Thai Kickboxing 12:00 pm - 1:00pm	JIU JITSU 6:00 pm - 7:30 pm	Muay Thai Kickboxing 12:00 pm - 1:00pm	JIU JITSU 6:00 pm - 7:30 pm	Muay Thai Kickboxing 12:00 pm - 1:00pm	JIU JITSU 10:00 am - 11:30 am
	Little Dragons Mixed Arts 5:00 pm - 6:00 pm		Little Dragons Mixed Arts 5:00 pm - 6:00 pm		Little Dragons Mixed Arts 5:00 pm - 6:00 pm	
	Muay Thai Kickboxing 6:00 pm - 7:00 pm		Muay Thai Kickboxing 6:00 pm - 7:00 pm		Muay Thai Kickboxing 6:00 pm - 7:00 pm	
		FMA/JKD SILAT 7:30 pm - 9:00 pm		FMA/JKD SILAT 7:30 pm - 9:00 pm		
	CSW/MMA 7:30 pm - 8:30 pm	CSW/MMA 7:30 pm - 8:30 pm	CSW/MMA 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, Virginia 23452

www.EasternAcademy.com

757-486-5200

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