

Complete Martial Arts Academy

295 D. W. Highway, Sun Plaza, Nashua, NH 03060

(603)888-0010

www.cma-martialarts.com

CLASS SCHEDULE - updated 12-5-2016

Monday	Dojo B	Tuesday	Dojo B	Wednesday	Dojo B	Thursday	Dojo B	Friday	Dojo B	Saturday	Dojo B
		Adult Jiu Jitsu 10:30am-11:30am				Adults 11:30am-12:15pm				Kickboxing 8:00am-9:00am	
		Adults 11:30am-12:15pm								Dragons 9:00am-9:30am	
		Dragons 4:00pm-4:30pm				Dragons 4:00pm-4:30pm				Jr Beginner, Jr Advanced 9:45am-10:30am	
Junior Advanced 4:30pm-5:15pm		Jr. Beginner 4:35pm-5:20pm		Junior Advanced 4:30pm-5:15pm		Jr. Beginner 4:35pm-5:20pm				Kids-Adult Jiu Jitsu 10:35am-11:45am	
Junior Beginner 5:30pm-6:15pm	Dragons 5:30pm-6:00pm	Jr Advanced 5:30pm-6:15pm		Junior Beginner 5:30pm-6:15pm		Jr Advanced 5:30pm-6:15pm	Dragons 5:30pm-6:00pm	Kickboxing 5:30pm-6:15pm		Adult, Teen & Black Belt 12:00pm-1:00pm	
Teen Advanced 6:20pm-7:05pm	Adult Jiu Jitsu 7:45pm-8:45pm	Black Belt Juniors 6:30pm-7:30pm		Teen Advanced 6:20pm-7:05pm		Black Belt Juniors 6:30pm-7:30pm		AMOK! 6:30pm-7:30pm			
Kickboxing 7:00pm-8:00pm		Adults 7:35pm-8:35pm		Kickboxing 7:00-8:00	Adult Jiu Jitsu 7:45pm-8:45pm	Adults 7:35pm-8:35pm					