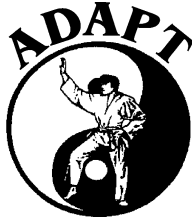


-WEST HAVEN Schedule- ASSEMBLY OF THE MARTIALARTSACADEMY



841 JONES HILL ROAD
WEST HAVEN, CT 06516
(203) 931-1979 OR (203) 671-6903
WWW.AMAAKICKS.COM
EST. 1991 ADAM RYLSKI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Little Dragons 9:00 – 9:45
		Little Dragons 4:15-5:00			Karate Kids 10:00-10:45
Karate Kids 4:45-5:30	Karate Kids 4:30-5:15	Karate Kids 5:10-5:55	Karate Kids 4:30-5:15	Karate Kids 4:45-5:30	AMAA Karate Adults & Black Belt kids 11:00-12:00
BJJ Green & Up Kids 5:30-6:15	Little Dragons 5:30-6:15	Karate Kids 6:00-6:45	Little Dragons 5:30-6:15	Karate Kids 5:30-6:15	Fitness Class 12:00 – 1:00
Karate Kids 6:30-7:15	Adults/Advanced Kids Striking drills/ Pad work 6:30-7:15	Adults E/O/W (GI) BJJ 6:45-7:30	Adults/Advanced Kids Striking drills/ Pad work 6:30-7:15	Weapons Sparring Sweeping All levels Karate Kids 6:30-7:15	Birthday Parties & Private Lessons 2:00-Close (Appt. Only)
AMAA Karate Adults 7:30-8:30	Adult BJJ (GI) 7:30-8:30	Fitness Class 7:45-8:45	Fitness Class 7:30-8:30	AMAA Karate Adults 7:30-8:30	SUNDAY Birthday Parties & Private Lessons (Appt. Only)

- **LITTLE DRAGON CLASSES ARE FROM AGES 3-5**
- **BOOK YOUR CHILD'S NEXT BIRTHDAY PARTY WITH US! THEY'RE SUPER-FUN, EXCITING, AND AFFORDABLE TOO!**
- **ALSO OFFERING MARTIAL ARTS WORKSHOPS, PRIVATE LESSONS, AND FAMILY OUTINGS. COME BE A PART OF OUR MARTIAL ARTS FAMILY!!**
- **FOR YOUR CONVENIENCE, YOU CAN HAVE YOUR DEBIT/CREDIT CARD PUT ON FILE FOR AUTO-BILL PAY AND SAVE \$\$\$!**