

# Savannah Martial Arts

	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lil' Ninjas ages 2 - 5	<u>Beginner (White-Orange)</u>		3:00-3:30 3:30-4:00 4:00-4:30		3:00-3:30 3:30-4:00 4:00-4:30		SMA Events	Birthday Parties
	<u>Advanced (Blue-Red)</u>	3:00-3:30 3:30-4:00 4:00-4:30		3:00-3:30 3:30-4:00 4:00-4:30				
Junior ages 6 - 12	White	4:40-5:25		4:40-5:25		4:40-5:25		
	Yellow-Purple		4:40-5:25		4:40-5:25			
	Orange-Blue	5:35-6:20			5:35-6:20			
	Green-Red		5:35-6:20		6:30-7:15			
	Forms Class (All Ranks)	6:20-7:00						
	Jr. Sparring/Self Defense					6:20-7:10		
Adult Karate ages 13+	All Ranks		7:15-8:05		7:15-8:05			
	Forms Class (All Ranks)	6:20-7:00						
	Adult Sparring/Self Defense					7:10-8:00		
Krav Maga ages 13+	White-Orange	7:10-8:00		7:10-8:00				
	Adult Sparring/Self Defense					7:10-8:00		
Brazilian Jiu Jitsu ages 13+	Kids BJJ (ages 6-12)						10:00-11:00	
	Adult BJJ (ages 13+)		11:30-1:00				11:00-12:00	
			8:05-9:05		8:05-9:05			
BBC/MSTR Club	Blackbelt Club					5:35-6:20		
	Blackbelt Team Workout			5:35-6:20				
	Demo Team Workout			8:00-8:30				
	Blackbelt Class			6:20-7:10				
	Masters Club		6:20-7:10					



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