

WVMA AMBLESIDE

Effective August 2nd, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30 Adult Cardio Kickboxing	9:30-10:30 Adult Cardio Kickboxing	9:30-10:30 Adult Cardio Kickboxing	9:30-10:30 Adult Cardio Kickboxing	9:30-10:30 Adult Cardio Kickboxing	9:00-10:00 Kids White +	
1:00-2:30 Adult Martial Arts Yellow+		1:00-2:30 Adult Martial Arts Yellow+		1:00-2:30 Adult Martial Arts Yellow+	10:00-11:00 Private Training	
3:30-4:00 Martial Arts Pre School Age 3-6 Wht+	3:30-4:00 Martial Arts Pre School Age 3-6 Wht+	3:30-4:00 Martial Arts Pre School Age 3-6 Wht+	3:30-4:00 Martial Arts Pre School Age 3-6 Wht+		11:00-12:00 Brazilian Jiu jitsu	
4:00-5:00 Youth 7-10 Wht+	4:00-5:00 Youth 7-10 Wht+	4:00-5:00 Youth 7-10 Wht+	4:00-5:00 Youth 7-10 Wht+	4:00-6:00 Demo Team	12:00-1:00 Adult Cardio Kickboxing	
5:00-6:00 Youth 8-11 Yellow+	5:00-6:00 Youth 8-11 Yellow+	5:00-6:00 Youth 8-11 Yellow+	5:00-6:00 Youth 8-11 Yellow+	6:00-7:00 Adult Cardio Kickboxing	1:00-2:00 Private Training	
6:00-7:00 Junior Advanced	6:00-7:00 Adult Martial Arts White+	6:00-7:00 Junior Advanced	6:00-7:00 Adult Martial Arts White+		2:00-4:00 Pro Team Practice	
7:00-8:00 Adult Martial Arts White+	7:00-8:00 Brazilian Jiu jitsu	7:00-8:00 Adult Martial Arts White+	7:00-8:00 Brazilian Jiu jitsu			
8:00-9:00 Adult Cardio Kickboxing	8:00-9:00 Adult Cardio Kickboxing	8:00-9:00 Adult Cardio Kickboxing	8:00-9:00 Adult Cardio Kickboxing			

