



FMA Fall Schedule

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NEW JR's /GOAL GETTERS – Group A: Mon & Thurs, Group B: Mon & Sat, Group C: Wednesday & Sat.

NEW SAFE KIDS Age 4-5 – Group A: Mon & Wed, Group B: Mon & Sat, Group C: Tues & Fri, Group D: Tues & Sat

Time	Monday
5:00	Safe Kids (Age 4-5) Gr. A
5:30	Goal Getters (Age 6-13) Gr. A
5:50	Safe kids (Age 4-5) Gr. B
6:10	Safe Kids/Second Year Gr. 7
6:40	Jr Advanced Gr. 3
7:00	Goal Getters (Age 6-13) Gr. B
7:30	Jr Advanced Gr. 2
7:40	GJJ
8:40	Kickboxing

Time	Tuesday
5:20	Safe Kids (Age 4-5) Gr. C
5:50	Safe Kids (Age 4-5) Gr. D
6:20	Jr Group 5
7:00	Jr Group 1
7:45	Adult Kenpo
8:40	Lady Kickboxer
8:50	GJJ (Stage)

Time	Wednesday
5:00	Safe Kids (Age 4-5) Gr. A
5:45	Jr Advanced Gr. 4
6:30	Goal Getters (Age 6-13) Gr. C
6:30	Jr Jiu Jitsu (stage)
7:15	Jr Advanced Gr. 2
7:30	GJJ
8:30	Kickboxing

Time	Thursday
5:30	Safe Kids/Second Year Gr. 7
5:30	Goal Getters (Age 6-13) Gr A
6:15	Jr Advanced Gr 5
6:30	Jr Advanced Gr 3
7:00	Jr Advanced Gr 6
7:15	Jr Advanced Gr 1
8:00	GJJ
8:00	Lady Kickboxer
9:00	Adult Kenpo

Time	Friday
5:40	Jr Advanced Gr. 4,5 (Sparring)
6:20	Safe Kids (Age 4-5) Gr. C
7:00	Jr Yellow – Orange (4-7 yrs)

Time	Saturday
9:00 AM	Lady Kickboxer
9:10 AM	Adult Kenpo
10:10 AM	Safe Kids/Second Year Gr. 7
11:00	Safe Kids (4-5) Group B
11:30	Jr Jiu Jitsu
11:45	Jr Advanced Gr. 6
12:30	Safe Kids (Age 4-5) Gr. D
12:30	GJJ
1:15	Jr Advanced Gr. 4
2:00	Jr Advanced Sparring Gr 1-3
2:40	Goal Getters (Age 6-13) Gr. C
3:30	Goal Getters (Age 6-13) Gr. B
4:00	Kickboxing

Time	Sunday
7:15	Lady Kickboxer
8:30	Adult Kenpo