

The Ludus Academy of Martial Arts – Schedule

(Call ahead, not all classes are currently running)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Warrior Fitness 10:00 AM			
					Warrior Fitness 11:15 AM	
Kids' JKD/MMA (ages 4-6) 4:15 PM					Kids' JKD (ages 4-7) 11:15 AM	
Family JKD (ages 7-10) 5:00pm			Kids' JKD/MMA (ages 4-7) & Adult MMA 5:00 PM		Japanese Martial Arts 12:00 PM	
Kids' JKD/MMA (ages 8-12) & Adult MMA Fundamentals 6:00	Kids' JKD/MMA (ages 8-12) 5:30	Kids' JKD/MMA (ages 6-9) 5:30 PM	Kids' JKD/MMA (ages 9-14) & Adult MMA Fundamentals 5:45	Kids' JKD/MMA (ages 8-12) 5:30 PM		
Cardio Kickboxing & Kettle bells 7:00 PM	Adult HEMA Sword Fighting 6:30	Filipino Martial Arts & Weapons 6:30 PM	Advanced Adult JKD/MMA (Invitation Only) 6:45 PM	Adult Wing Chun/ Boxing 6:30 PM		
Japanese Sword Fighting 8:00 PM	JKD Kickboxing & Kettlebells 7:30 PM	Adult JKD/MMA Fundamentals 7:30 PM		Adult HEMA Sword Fighting 7:30		

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