

American Eagle Martial Arts Academy

Class Schedule as of June 1st, 2009

Class Begins

Time (M-F)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time (Sat)
6:15 AM	Boot Camp		Boot Camp		Boot Camp	Kettlebell Class	9:45 AM
12:00PM		Mixed- Adult & Teen		Mixed- Adult & Teen		9:45 - 10:30A	
3:30PM	Lil' Eagles	Kettlebell Class	Lil' Eagles	Kettlebell Class		Beginner Children	10:00AM
4:00PM	Children's Mixed	3:30 to 4:30P	Children's Mixed	3:30 to 4:30P		Advanced Children	10:30AM
4:30PM	Kettlebell Class	Kettlebell Class	Kettlebell Class	Kettlebell Class	Kettlebell Class	Mixed- Adult & Teen	11:00AM
5:00 PM	4:30 to 5:30P	4:30 to 5:30P	4:30 to 5:30P	4:30 to 5:30P	4:30 to 5:30P	BBC Adult Weapons	12:00PM
5:30 PM	Beginner Children	Beginner Children	Beginner Children	Beginner Children			
6:00PM	Grappling All Children	Sparring Children	Grappling All Children	Sparring Children	Children's Mixed	6:00 to 6:45P	
6:30PM	Advanced Children	Black Belt Club Children	Black Belt Club Children	Advanced Children	BBC Children & Adults	6:45 to 7:15P	
7:00PM	SSF/Grappling Teen & Adult	Muay Thai (Kickboxing)	Mixed Adult & Teen	Muay Thai (Kickboxing)	Mixed Adult & Teen	7:15 to 8:00P	
8:00PM	Mixed Adult & Teen	Mixed Adult & Teen- 8-9 P Kettlebell Class 8-9 P	Pilates	SSF/Grappling Teen & Adult			

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