

# B.A.M.A

## CLASS SCHEDULE

CLASS	MONDAY (A)	TUESDAY (B)	WEDNESDAY(B)	THURSDAY (A)	FRIDAY	SATURDAY(A/B)
KICKBOXING			8AM – 9AM			
INSTRUCTOR'S EDGE	3:00-4:00 PM	3:00-4:00 PM	3:00-4:00 PM			TAI CHI 8:00 – 8:45 AM
TINY TIGERS/LITTLE DRAGONS	4:00 – 4:30 PM	5:45 – 6:15 PM	4:00 – 4:30 PM	5:45 – 6:15 PM	DEMO TEAM LION DANCE 4:00 – 5:00 PM TBA	WEAPONS 8:45 – 9:30 PM
SPECIAL CLASS		4:00 – 5:00PM		4:00 – 5:00 PM	SPECIAL EVENTS 5:00 – 6:30PM	LIL' DRAGONS 9:30 – 10:00 AM
BASIC CLASS 7-12YRS	4:30 – 5:15 PM	6:15 – 6:45 PM	4:30 – 5:15 PM	6:15 – 6:45 PM		ALL JR. DRAGONS 10:00 – 10:45AM
BBT/MASTERS	4:30 5:15 PM	5:00 – 5:45 PM	4:30 - 5:15 PM	5:00 – 5: 45 PM		KICKBOXING  10:45 – 11:45 AM
TEENS/ADULTS	5:15 – 6:00 PM	6:45 – 7:45 PM	5:15 - 6:00PM	6:45 – 7:45 PM		
KICKBOXING		7:45 – 8:45 PM	7:30 – 8:30 PM	7:45 – 8:45 PM		













SCHEDULE IN EFFECT FROM SEPT. 1, 2011 THROUGH JUNE 15, 2012