

## AMA RAVENNA-BRYANT SCHEDULE (03/01/26)

|                                     |              |                                |               |
|-------------------------------------|--------------|--------------------------------|---------------|
| <b>Dragons Karate</b>               |              | <b>Teens Karate</b>            |               |
| Mon                                 | 4:00-4:25PM  | (White - Adv. Brown)           |               |
| Wed                                 | 4:00-4:25PM  | *Mon/Wed                       | 6:00-6:55PM   |
| Sat                                 | 9:00-9:25AM  | Tues/Thurs                     | 7:00-7:55PM   |
|                                     |              | *Mon/Wed 6pm is Teens & Adults |               |
| <b>Jr. Beg Karate</b>               |              | <b>Adults Karate</b>           |               |
| (White - Adv. Yellow)               |              | (White - Adv. Brown)           |               |
| Mon/Wed                             | 4:30-5:10PM  | *Mon/Wed                       | 6:00-6:55PM   |
| Tues/Thurs                          | 4:00-4:40PM  | Tues/Thurs                     | 6:00-6:55PM   |
| Tues/Thurs                          | 5:15-5:55PM  |                                |               |
| Sat                                 | 9:30-10:10AM | <b>Teens &amp; Adults BJJ</b>  |               |
|                                     |              | Mon/Wed                        | 7:00-8:00PM   |
| <b>Jr. Int/Adv Karate</b>           |              | <b>Adults Kickboxing</b>       |               |
| (Orange - Adv. Green)               |              | Mon/Wed                        | 7:00-8:00PM   |
| Mon/Wed                             | 5:15-5:55PM  | Sat                            | 9:00-9:55AM   |
| Tues/Thurs                          | 4:30-5:10PM  |                                |               |
| Tues/Thurs                          | 5:15-5:55PM  | <b>Specialty Classes</b>       |               |
| <b>Brown - Flipped Brown Karate</b> |              | (Orange -Black)                |               |
| (Jr, Teen & Adult)                  |              | Fri (Grappling)                | 6:00-6:20PM   |
| Mon/Wed                             | 5:15-5:55PM  | Fri (Spar)                     | 6:20-7:00PM   |
| Fri (Prep)                          | 5:00-5:55PM  | Sat (Weapons)                  | 10:30-11:10AM |
|                                     |              | Sat (Tricking)                 | 11:15-11:55AM |
| <b>Black Belt Karate</b>            |              | Sat (Demo)                     | 12:00-12:55PM |
| (Jr, Teen & Adult)                  |              | Bday Parties                   | 1:15-2:30PM   |
| Mon/Wed                             | 6:00-6:55PM  | <b>Adults Muay Thai</b>        |               |
| Tues/Thurs                          | 6:00-6:55PM  | Tues/Thurs                     | 7:00-8:00PM   |
| Fri (Prep)                          | 5:00-5:55PM  | Sat                            | 10:00-11:00AM |
|                                     |              |                                |               |