

# THE ACADEMY OF MARTIAL ARTS SCHEDULE

*A Meibu-kan Dojo recognized by Meibu-kai International Naha Okinawa Japan*

851 Princess Street Kingston Ontario Canada

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<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
Open 8:00pm	Open 1:00pm	Open 1:00pm	Open 1:00pm	Open 1:00pm	Open 4:00pm	Open 9:30am
	1:30 - 2:30 Adult & Teen Karate All Belt Levels	1:30 - 2:30 Adult & Teen Karate All Belt Levels	1:30 - 2:30 Adult & Teen Karate All Belt Levels	1:30 - 2:30 Adult & Teen Karate All Belt Levels	4:30 - 5:15 6 to 12 Years Old Karate All Belt Levels	10:15 - 10:45 3 to 5 Years Old Karate All Belt Levels
	2:30 - 3:30 Non-supervised Practice	2:30 - 3:30 Non-supervised Practice	2:30 - 3:30 Non-supervised Practice	2:30 - 4:15 CLOSED	5:15 - 6:00 6 to 12 Years Old Kobudo All Belt Levels	11:00 - 11:45 6 to 12 Years Old Karate All Belt Levels
	3:30 - 4:30 13 to 16 Years Old Karate All Belt Levels	3:30 - 4:30 13 to 16 Years Old Karate All Belt Levels	3:30 - 4:30 13 to 16 Years Old Karate All Belt Levels	3:30 - 4:30 13 to 16 Years Old Karate All Belt Levels	6:00 - 6:30 3 to 5 Years Old Karate All Belt Levels	12:00 - 12:45 6 ans et + Karate en Français Toutes les ceintures
	4:30 - 5:15 6 to 9 Years Old Karate All Belt Levels	4:30 - 5:15 10 to 12 Years Old Karate All Belt Levels	4:30 - 5:25 Kids Karate Green Belt & Up	4:30 - 5:15 6 to 9 Years Old Karate All Belt Levels	T . G . I . F . 1 <sup>st</sup> Friday Black Belt Karate	1:00 - 3:00 Adult & Teen Karate All Belt Levels
	5:15 - 6:00 10 to 12 Years Old Karate All Belt Levels	5:15 to 6:00 6 - 9 Years Old Karate All Belt Levels	5:30 - 6:00 3 to 5 Years Old Karate All Belt Levels	5:15 to 6:00 10 to 12 Years Old Karate All Belt Levels	2 <sup>nd</sup> Friday Belt Graduation	3:00 - 4:00 Non-supervised Practice
	6:00 - 6:45 6 ans et + Karate en Français Toutes les ceintures	6:00 - 6:45 6 ans et + Karate en Français Toutes les ceintures	6:00 - 6:45 6 ans et + Karate en Français Toutes les ceintures	6:00 - 6:45 6 ans et + Karate en Français Toutes les ceintures	3 <sup>rd</sup> & 4 <sup>th</sup> Friday Adult & Teen Kobudo All Belt Levels	
8:00 - 10:00 Adult Jiu-jitsu All Belt Levels	7:00 - 9:00 Adult & Teen Bilingual Karate All Belt Levels	7:00 - 9:00 Adult & Teen Bilingual Karate All Belt Levels	7:00 - 9:00 Adult & Teen Bilingual Karate All Belt Levels	7:00 - 9:00 Adult & Teen Bilingual Karate All Belt Levels	8:00 - 10:00 Adult Jiu-jitsu All Belt Levels	

NOTE: All adult evening and Saturday Karate classes are two hours long. During these classes, the first hour is beginner oriented and the second hour, advanced oriented. The overall goal of these classes is to cover as much of our curriculum as possible. All from white to black belt are welcome to attend and there will be a water break after the first hour when students can come and go.