

LOUISVILLE MARTIAL ARTS ACADEMY

3600 Chamberlain Ln., #136, Louisville, KY 40241 - 502-426-0333

SHAOLIN KEMPO KARATE - GRACIE JIU-JITSU - KALI - EBMAS WING TZUN - SAN SHOU

Light blue background denotes AM class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KIDS SAN SHOU (KICKBOXING)	5:45 - 6:30						
KIDS' JIU-JITSU		5:30 - 6:15				10:00 - 10:45	
KIDS' JIU-JITSU/WOMEN'S JIU-JITSU				5:30 - 6:15			
KIDS' KEMPO		6:15 - 7:00		6:15 - 7:00		10:45 - 11:30	
KIDS' SAN SHOU (KICKBOXING)					5:45 - 6:30		
ADULT JIU-JITSU (ADVANCED)				8:00 - 9:00			
ADULT JIU-JITSU (BEGINNERS)		8:00 - 9:00					
ADULT JIU-JITSU (MIXED)	Noon - 1:00	Noon - 1:00	Noon - 1:00	Noon - 1:00	Noon - 1:00	12:30 - 1:30	
ADULT JIU-JITSU (MIXED)/IGNACIO KALI			8:00 - 9:00				
ADULT JIU-JITSU (NO GI)	8:00 - 9:00						
ADULT KEMPO		7:00 - 8:00	1:00 - 2:00	7:00 - 8:00		11:30 - 12:30	
ADULT SAN SHOU	6:30 - 8:00			6:30 - 8:00			
EBMAS WING TZUN		6:30 - 8:00			6:30 - 8:00		5:00 - 7:00
FIGHT FITNESS			7:00 - 8:00				
IGNACIO KALI					8:00 - 9:00		
TAKE DOWN CLASS AND CONDITIONING						2:00 - 3:00	
WOMEN'S JIU-JITSU	6:00 - 7:00						
WOMEN'S SELF DEFENSE	6:00 - 7:00						
YOGA			6:00 - 7:00				

It is LMAA's intent to bring world class instruction into the Academy for the benefit of all. Please note that whenever we host a seminar that there will be no regular group classes whenever seminars or special events are taking place.