

AJCC Martial Arts Classes with Sensei Mac

2016 Summer Schedule

June-August

Contact (562) 426-7601 ext. 1051 for more information

Sunday	Mon	Tuesday	Wednesday	Thursday
9:00-10:00 am Parent & Me Martial Arts All Ages		5:30-6:30 pm Wrestling Boot Camp All Ages	4:15-5:00 pm Pee Wee Martial Arts Ages 3-5 yrs	4:15-5:00 pm Youth Martial Arts 3-12 yrs
11:30 am-12:30 pm Youth Martial Arts 3-12 yrs		6:30-7:30 pm Youth Sparring Ages 6-13 yrs	5:00-6:00 pm Youth Martial Arts Ages 6-12 yrs	5:30-6:30 pm Jiu Jitsu Ages 6-13 yrs
12:30-1:30 pm Youth Sparring Ages 6-13 yrs		7:30-8:30 pm Jiu Jitsu All Ages	6:00-7:00 pm Mixed Martial Arts/Self-Defense Ages 18+ yrs	6:30-7:30 pm Jiu Jitsu Ages 18+ yrs
1:30-3:00 pm Mixed Martial Arts/Self-Defense Ages 18+ yrs				
3:00-4:00 pm Boxing All Ages				
<p>Private Lessons at the J: 30 minutes: \$40 AJCC mem/\$50 public 60 minutes: \$65 AJCC mem/\$85 public Call Sensei Mac at (562) 688-9994 to schedule</p>				

