

AJCC Martial Arts Classes with Sensei Mac

2017 Spring Schedule March-May

Contact (562) 426-7601 ext. 1051
or visit our website for online registration
www.alpertjcc.org

Sunday	Mon	Tuesday	Wednesday	Thursday
			3:45 - 4:45 pm Pee Wee Martial Arts Ages 3 - 5 yrs	4:00 - 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	4:45 - 5:45 pm Youth Martial Arts Ages 6 - 12 yrs	5:30 - 6:30 pm Jiu Jitsu Ages 6 - 13 yrs
12:30 pm - 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 pm - 3:00 pm Mixed Martial Arts/Self-Defense Ages 18+ yrs				
3:00 - 4:30 pm Advanced Youth Sparring 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>				

