



EAMMA CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	Gracie Jiu Jitsu (all ranks) 10:00 am-11:30 am	Children's Gracie Jiu Jitsu (ages 7+) 5:00 pm-6:00pm	Gracie Jiu Jitsu self-defense 11:00 am-12:00pm	Children's Gracie Jiu Jitsu (ages 7+) 5:00 pm-6:00pm	Gracie Jiu Jitsu (all ranks) 10:00 am-11:30 am	Gracie Jiu Jitsu (all ranks) 10:00 am-11:30 am
	MThai Kickboxing (all ranks) 12:00 pm-1:00 pm	Gracie Jiu Jitsu (all ranks) 6:00 pm-7:30 pm	MThai Kickboxing (all ranks) 12:00 pm-1:00 pm	Gracie Jiu Jitsu (all ranks) 6:00 pm-7:30 pm	MThai Kickboxing (all ranks) 12:00 pm-1:00 pm	Gracie Jiu Jitsu self-defense 11:30 am-12:30 pm
	Children's Stand Up/MMA (ages 7+) 5:15 pm-6:00 pm		Children's Stand Up/MMA (ages 7+) 5:15 pm-6:00 pm		Children's Stand Up/MMA (ages 7+) 5:15 pm-6:00 pm	
	MThai Kickboxing (beginners) 6-7pm (intermediate & advance) 7pm-8pm		MThai Kickboxing (beginners) 6-7pm (intermediate & advance) 7pm-8pm		MThai Kickboxing (all ranks) 6:00 pm-7:00 pm	
		Filipino Martial Arts/Jeet Kune Do/Maphilindo Silat (all ranks) 8:00 pm-9:30 pm		Filipino Martial Arts/Jeet Kune Do/Maphilindo Silat (all ranks) 8:00 pm-9:30 pm		
	CSW/MMA (all ranks) 8:00 pm-9:30 pm	CSW/MMA (all ranks) 8:00 pm-9:30 pm	CSW/MMA (all ranks) 8:00 pm-9:30 pm			
OPEN MAT: Mon. -Thurs.: 7pm-9:30pm & Sat 10am-12:30pm						

Eastern Academy of Mixed Martial Arts 3900 Bonney Road Suite 213 Virginia Beach, Virginia 23452 www.EasternAcademy.com

Students should arrive 10 minutes before class. Tardiness will not be accepted. Please respect classes that are in progress by keeping noise to a minimum. Students will be notified of any schedule changes.