



# AMAA WEEKDAY SCHEDULE

- Facility includes showers, keyed lockers, filtered free water, full gym use
- All AM & noon classes are 50 min
- All PM classes are 60 min
- All weapons/ knife work will be incorporated into every JKD class
- All KB classes are all levels & co-ed.
- All martial arts classes all levels except Phase 2/3
- Gym Open M-Th 6am -9pm / Fri 6am -8pm / Sat 9am -3pm

## MON

## TUES

## WED

## THURS

## FRI

<b>6 am</b>	Jeet Kune Do/ Kali (Weapons) Phase 1/2		Jeet Kune Do/ Kali (Weapons) Phase 1/2		
<b>7 am</b>	Muay Thai	Gracie JiuJitsu (w/ gi)	Muay Thai	Gracie JiuJitsu (w/ gi)	Muay Thai Clinch Focus
<b>8 am</b>	KB Pure Intensity Strength & Conditioning		KB Swing Fundamentals Mobility & Strength		KB Swing Fundamentals Mobility & Strength
<b>12 pm</b>	Muay Thai	KB Ass & Abs HIIT	Muay Thai	KB Total Body Pure Intensity	
<b>3 pm</b>	Jeet Kune Do/ Kali (Weapons) Phase 1	Boxing	Jeet Kune Do/ Kali (Weapons) Phase 1	Jeet Kune Do/ Kali (Weapons) Phase 2/3	Jeet Kune Do/ Kali (Weapons) Phase 1
<b>4 pm</b>	Muay Thai	Little Dragons	Boxing	Little Dragons	Muay Thai
<b>5 pm</b>	KB Swing Fundamentals; Strength & Mobility	Gracie JiuJitsu (w/ gi)	KB Total Body Sculpt, Strength & Conditioning	Gracie JiuJitsu (w/ gi)	Gracie JiuJitsu (w/ gi)
<b>6 pm</b>	Boxing	Jeet Kune Do/ Kali (Weapons) Phase 1	Jeet Kune Do/ Kali (Weapons) Phase 2/3	Jeet Kune Do/ Kali (Weapons) Phase 1	Open Sparring/ Open Roll All Arts
<b>7 pm</b>	Jeet Kune Do/ Kali (Weapons) Phase 2/3	Muay Thai	KB Swing Fundamentals, Mobility & Strength	Muay Thai	Knife Fundamentals (All Levels)
<b>8 pm</b>	Gracie JiuJitsu (w/ gi)	KB Total-Body Pure Intensity	Open Sparring/ Open Roll All Arts	Kettlebell Kickboxing Total-Body Pure Intensity	



# AMAA WEEKEND SCHEDULE

## SAT

- 9 am** Little Dragons
- 10 am** Kettlebell Kickboxing  
Total Body Sculpt,  
Strength & Conditioning
- 11 am** Gracie JiuJitsu (w/ gi)
- 12 pm** Muay Thai
- 1 pm** Kettlebell Kickboxing  
Total-Body Pure Intensity
- 2 pm** Jeet Kune Do/ Kali  
(Weapons) Phase 1

### Monthly Rates

\$225 unlimited plus all seminars (with exception of Guro Dan)

\$175 4 classes a week / 16 a month

\$150 3 classes a week / 12 a month

\$125 2 classes a week / 8 a month

*Take our three-day FREE trial and see if AMAA is the right family for you.*

**ANDERSON'S**  
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