

OAK RIDGE MARTIAL ARTS ACADEMY CLASS SCHEDULE

5454 Berkshire Valley Road, Oak Ridge, NJ 07438

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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|  |  |  |  |  | 9:30-10:15 KK & parent |
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|  |  |  |  |  | 10:15-10:30 Leadership |
| 4:15-5:00 KK O & Up |  |  | 4:15-5:00 KK All |  |  |
|  |  |  |  |  | 10:30-11:00 MBBC |
|  | 5:00-5:15 Leadership | 4:45-5:30 KK W/Y | 5:00-5:15 Leadership |  |  |
|  |  |  |  |  |  |
| 5:30-5:45 Leadership |  | 5:30-5:45 Leadership | 5:15-5:45 MBBC |  |  |
|   |  |  |  |  | 12-12:45 Belt Graduations |
| 5:45-6:30 KK W/Y |  |  |  |  | 1PM Parties |
|  | 5:45-6:30 KK All | 5:45-6:30 KK O & Up |  |  |  |
|  |  |  |  |  |  |
|  |  | 6:30-7:00 MBBC |  |  |  |
|  |  |  |  |  | SUNDAY |
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| **KEY: Intro-** New student evaluations Leadership(upgrade)- Leadership development, spar, intro to nunchuckuDragons- ages 4-5 W/Y – white and yellow belts only MBBC(upgrade)- Master Black belt Club training, full weapons program, LeadershipKK – Karate Kids ages 6-9 O & Up - orange belts and aboveTN- Teens ages 10-15 All- All ranks welcome Cardio- Cardio Kick Boxing ProgramAD- Adults ages 16 & up Belt Grads- Generally the last Saturday of the month Parties- Call to schedule |