

OAK RIDGE MARTIAL ARTS ACADEMY CLASS SCHEDULE

5454 Berkshire Valley Road, Oak Ridge, NJ 07438

973-697-4226 ∙ [www.oakridgemartialarts.com](http://www.oakridgemartialarts.com) ∙ ormaadojo@hotmail.com



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