

Martial Arts America, 2160 Penfield Rd, Penfield, NY 14526

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	Monday	Tuesday	Wednesday	Thursday	Saturday
Tigers 4 & 5 years old			4:00-4:30 pm	6:00-6:30 pm	9:00-9:30 am
White, Yellow & Orange Belts	4:45-5:30 pm	5:15-6:00 pm	6:45-7:30 pm	5:15-6:00 pm	10:15-11:00am
Green, Blue & Advanced Blue Belts	5:30-6:15 pm	4:30-5:15 pm 6:30-7:15 pm	7:30-8:15 pm	4:00-4:45 pm	11:30am-12:15
Purple, Advanced Purple & Brown Belts	5:30-6:15 pm	4:30-5:15 pm 6:30-7:15 pm	7:30-8:15 pm	4:00-4:45 pm	11:30am-12:15
Black Belt Candidate & Apprentice Black Belts	4:00-4:45 pm 6:45-7:30 pm	7:15-8:00 pm	5:30-6:15 pm	6:30-7:15 pm	12:15-1:00 pm
Black Belts	7:30-8:15 pm		4:45-5:30 pm	7:15-8:00 pm	9:30-10:15 am
Adults Only - All Belts	8:15-9:00 pm		8:15-9:00 pm		
Leadership	6:15-6:45 pm	6:00-6:30 pm	6:15-6:45 pm	4:45-5:15 pm	11:00-11:30am
Kickboxing		8:00-8:45 pm		8:00-8:45 pm	8:00-8:45 am