

NY MARTIAL ARTS ACADEMY



25-06 Broadway, Astoria, NY 11106
 877-TRUE-JKD • 347-721-3288 • www.nymaa.com

253-08 Northern Blvd
 Little Neck, NY 11362
 T 718-281-1717

184 North 8th Street
 Brooklyn, NY 11211
 T 718-278-1962

214 Glen Cove Ave.
 Glen Cove, NY 11542
 T 516-759-7800

ASTORIA WEEKLY SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|-----------------|---|
| 9:00am - 9:00pm | 9:00am - 9:00pm | 9:00am - 9:00pm | 9:00am - 9:00pm | 9:00am - 8:00pm | 9:00am - 6:00pm |
| Open Floor | Bruce Lee's Jeet Kune Do 10:00am - 11:00am | Open Floor | Bruce Lee's Jeet Kune Do 10:00am - 11:00am | Open Floor | Little Dragons 10:30am - 11:00am |
| | Open Floor | | Open Floor | | Young Dragons 11:00am - 11:50am |
| Little Dragons 5:00pm - 5:30pm | Little Dragons 4:30pm - 5:00pm | Little Dragons 5:00pm - 5:30pm | Little Dragons 4:30pm - 5:00pm | | Bruce Lee's Jeet Kune Do 12:00pm - 12:45pm |
| Young Dragons 5:30pm - 6:20pm | Young Dragons 5:00pm - 5:50pm | Young Dragons 5:30pm - 6:20pm | Young Dragons 5:00pm - 5:50pm | | Jeet Kune Do Basics 1:00pm - 1:45pm |
| Open Floor | Black Belt Club  5:50pm - 6:20pm | Kid's Sparring 6:20pm-6:40pm | Black Belt Club  5:50pm - 6:20pm | | Private Classes |
| JKD Footwork/Tool Development 6:45pm - 7:30pm | JKD Boxing 6:45pm - 7:30pm | Bruce Lee's Jeet Kune Do 6:45pm - 7:30pm | Bruce Lee's Jeet Kune Do 6:45pm - 7:30pm | | |
| Weapon 7:30pm - 8:00pm | JKD Open 7:30pm - 8:00pm | Fight Fit 7:30pm - 8:00pm | Yoga 7:30pm - 8:00pm | | |
| Bruce Lee's Jeet Kune Do 8:15pm - 9:00pm | Bruce Lee's Jeet Kune Do 8:15pm - 9:00pm | Grappling 8:00pm - 9:00pm | JKD Kickboxing 8:15pm - 9:00pm | | |

Adult Classes
 Specialty Classes
 Children's Classes

Children's Program
 Little Dragons - Ages 4 - 6
 Young Dragons - Ages 7 - 12