

NorthShore Academy

847-573-1672

www.nsama.com

Schedule*

Monday

- 4:10–5:00 Kids
- 5:05–5:35 Little Dragons
- 5:40–6:30 Kids
- 6:40–7:30 Adults
- 7:30–8:30 Krav Maga

Tuesday

- 4:00–4:30 Little Dragons
- 4:40–5:30 Kids
- 5:40 – 6:30 Kids Black Belts
- 6:30–7:30 Crazy Monkey Boxing
- 7:30–8:20 Adults

Wednesday

- 4:10–5:00 Kids
- 5:05–5:35 Little Dragons
- 5:40–6:30 Kids
- 6:40–7:30 Adults
- 7:30–8:30 BJJ

Thursday

- 4:00–4:30 Little Dragons
- 4:40–5:30 Kids
- 5:40 – 6:30 Kids Black Belt
- 6:30–7:30 Crazy Monkey Boxing
- 7:30–8:20 Adults

Friday

- 4:40 – 5:30 Kids Sparring
- 5:40 – 6:30 Teens/Adult Jiu-Jitsu
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Saturday

- 9:40–10:30 Kids Sparring
- 10:40–11:30 Thai Boxing

* Subject to change

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