

Northern Valley Martial Arts, Inc.

Charlie DiGirolamo, Owner & Master Instructor

Regular Class Schedule – JANUARY 2017

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Little Ninjas White Belts		4:00-4:30				
Freshmen Kids White/Yellow/Orange	5:00-5:45	5:15-6:00	4:30-5:15	5:15-6:00	6:00-7:00	9:00-10:00
Sophomore Kids Green/Blue/Purple	5:00-5:45	5:15-6:00	4:30-5:15	5:15-6:00	6:00-7:00	9:00-10:00
Junior Kids Red & Brown	5:45-6:30	4:30-5:15	5:15-6:00 (fitness class)	4:30-5:15	6:00-7:00	9:00-10:00
Senior Kids Rec Blk & Blk	5:45-6:30	4:30-5:15	5:15-6:00 (fitness class)	4:30-5:15	6:00-7:00	9:00-10:00
Freshmen Teens/Adults White/Yellow/Orange	7:00-8:00	6:00-7:00	6:00-7:00	7:00-8:00	6:00-7:00	9:00-10:00
Sophomore Teens/Adults Green/Blue/Purple	7:00-8:00	6:00-7:00	6:00-7:00	7:00-8:00	6:00-7:00	9:00-10:00
Junior Teens/Adults Red & Brown	7:00-8:00	6:00-7:00	6:00-7:00	7:00-8:00	6:00-7:00	9:00-10:00
Senior Teens/Adults Rec. Blk & Blk	7:00-8:00	6:00-7:00	6:00-7:00	1:00-2:00 & 7:00-8:00	6:00-7:00	9:00-10:00
Family Workout			6:00-7:00	7:00-8:00	6:00-7:00	9:00-10:00
Kickboxing		9:15-10:15am	9:00-10:00am	9:15-10:15am		10:00-11:00am
NEW CLASS – Krav Maga (Adults)		7:00-8:00	7:00-8:00	6:00-7:00		

PLEASE MAKE UP MISSED CLASSES ANYTIME!

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FOLLOW US ON FACEBOOK

SCHOOL CLOSED:
12/31/17
4/14, 4/16, 5/29