

July-08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 12:15 - 1:15 D/F 5:00 - 5:45 D/B 6:00 - 7:00 B/SD 7:15 - 8:30 D/F	2 6:30 - 7:15am MMA 5:00 - 5:45 D/B 5:50 - 6:40 S 6:45 - 7:30 S 7:40 - 8:45 S	3 12:15-1:15 D/F 5:00 - 5:45 G/W 6:00 - 7:00 G/W 7:30 - 8:30 G/W	4 CLOSED	5 CLOSED NO LITTLE DRAGONS
7 5:00 - 5:45 D/B 5:50 - 6:40 D/F 6:45 - 7:30 D/F 7:40 - 8:45 D/F	8 12:15 - 1:15 D/F 5:00 - 5:45 B/SD 6:00 - 7:00 S 7:15 - 8:30 D/F	9 6:30 - 7:15am MMA 5:00 - 5:45 B/SD 5:50 - 6:40 B/SD 6:45 - 7:30 B/SD 7:40 - 8:45 B/SD	10 12:15-1:15 D/F 5:00 - 5:45 S 6:00 - 7:00 S 7:30 - 8:30 MMA	11 6:30 - 7:15 MMA 5:00 - 5:45 B/SD 6:00 - 6:45 D/F	12 8:30 - 9:30 D/B/SD 9:35 - 10:30 B/SD 10:30 - 11:15 S 11:30-12:00 LD 12:00-12:30 LD
14 5:00 - 5:45 B/SD 5:50 - 6:40 B/SD 6:45 - 7:30 B/SD 7:40 - 8:45 B/SD	15 12:15 - 1:15 D/F 5:00 - 5:45 D/F 6:00 - 7:00 D/F 7:15 - 8:30 D/F	16 6:30 - 7:15am MMA 5:00 - 5:45 G/W 5:50 - 6:40 G/W 6:45 - 7:30 G/W 7:40 - 8:45 G/W	17 12:15-1:15 D/F 5:00 - 5:45 D/F 6:00 - 7:00 D/F 7:30 - 8:30 D/F	18 6:30 - 7:15 MMA 5:00 - 5:45 GW 6:00 - 6:45 S	19 8:30 - 9:30 D/F 9:35 - 10:30 D/B 10:30 - 11:15 B/SD 11:30-12:00 LD 12:00-12:30 LD
21 5:00 - 5:45 D/F 5:50 - 6:40 S 6:45 - 7:30 S 7:40 - 8:45 S	22 12:15 - 1:15 D/F 5:00 - 5:45 G/W 6:00 - 7:00 G/W 7:15 - 8:30 D/F	23 6:30 - 7:15am MMA 5:00 - 5:45 D/F 5:50 - 6:40 D/F 6:45 - 7:30 D/F 7:40 - 8:45 D/F	24 12:15-1:15 D/F 5:00 - 5:45 B/SD 6:00 - 7:00 B/SD 7:30 - 8:30 B/SD	25 6:30 - 7:15 MMA 5:00 - 5:45 D/F 6:00 - 6:45 B/SD	26 8:30 - 9:30 G/W 9:35 - 10:30 G/W 10:30 - 11:15 G/W 11:30-12:00 LD 12:00-12:30 LD
28 5:00 - 5:45 G/W 5:50 - 6:40 G/W 6:45 - 7:30 G/W 7:40 - 8:45 G/W	29 12:15 - 1:15 D/F 5:00 - 5:45 I/C 6:00 - 7:00 I/C 7:15 - 8:30 D/F	30 6:30 - 7:15am MMA 5:00 - 5:45 I/C 5:50 - 6:40 I/C 6:45 - 7:30 I/C 7:40 - 8:45 I/C	31 12:15-1:15 D/F 5:00 - 5:45 I/C 6:00 - 7:00 I/C 7:30 - 8:30 MMA		

D- DRILLS

G/W- GROUND WORK

B- BAGS

SD- SELF DEFENSE

F- FORMS

S- SPARRING

CS- CORE STRENGTHENING

MMA-MIXED MARTIAL ARTS

I/C- INSTRUCTORS CHOICE

PLEASE SEE WEBSITE WWW.MERCERACADEMYOFMA.COM OR BULLETIN BOARD FOR ADDITIONAL INFORMATION

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5-5:45 Kids Beginner

12:15-1:15 Adults All Belts

6:30-7:30 Adults

12:15-1:15 Adults All Belts

6:30-7:30 Adults

8:30-9:30 Everyone

5:50-6:40 Kids Inter/Adv

5-5:45 Kids Beginner

5-5:45 Kids Beginner

5:00-5:50 Kids Inter/Adv

5-5:45 Kids Beginner

9:30-10:15 Kids Beginner

6:45-7:30 Kids Adv

6-7 Teen/Adults All Belts

5:50-6:40 Kids Inter

6-7 Teen/Adults All Belts

6-6:45 Kids Inter/Adv'd

10:30-11:15 Kids Inter/Adv

7:40-8:45 Adults All Belts

7:15-8:30 Adults Grn & Up

6:45-7:30 Kids Adv'd

7:30-8:30 Adults Inter/Adv

11:30-12 Little Dragons

7:40-8:45 Adults All Belts

12-12:30 Little Dragons