

MERCER ACADEMY OF MARTIAL ARTS

191 Scotch Road Plaza

Ewing, NJ 08628

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www.merceracademyofma.com

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:30-9:25 am Adults/Teens/Family All Belts
5:30-6:15 pm Kids Beginner	5:30-6:30 pm All Belts 9 year old and up	5:30-6:15 pm Kids Beginner	5:30-6:15 pm Kids All Belts No Uniform		9:30-10:15 am Kids Beginner
6:25-7:20 pm Kids Inter/Advanced	7:00-8:00 pm Teen/Adults All Belts Sparring/Jujitsu	6:25-7:20 pm Kids Inter/Advanced	6:30-7:30 pm Adults/Teens All Belts No Uniform		10:30-11:15 am Kids Inter/Advanced
7:30-8:30 pm Teen/Adults All Belts		7:30-8:30 pm Teen/Adults All Belts Drills/Forms			11:30-12:00 pm Little Dragons 3 – 4 year olds
8:30 – 9:00 pm Open Gym					Private lessons, Seminars and Birthday Parties Available.

Beginner: White, Yellow, Orange

Intermediate: Blue, Green, Purple

Advanced: Red, Cho Dan Bo, Black

Karate, Jujitsu, Self-Defense, Grappling, Ground Work, Bag Drills

Last Thursday of each month, Women's Self-Defense Class

Second Thursday of each month at 7:30, Weapons Class – Black Belt and Teen Cho Dan Bo's