

# LEXINGTON ACADEMY OF MARTIAL ARTS (LAMA)

**949 National Avenue  
Suite #180  
Lexington, Kentucky 40502  
(859) 523-3383**

**LAMAmartialarts@gmail.com**

## MONDAY

4:15pm - L'il LAMAS / Kids' BJJ  
4:45pm - Junior Purple thru Black TKD  
5:30pm - Junior White thru Sr. Blue TKD  
6:15pm - Adult BJJ  
7:15pm - Adult TKD

## TUESDAY

4:45pm - Junior White thru Sr. Blue TKD  
5:30pm - Junior Purple thru Black TKD  
6:00pm - Kids BJJ  
7:00pm - Adult BJJ

## WEDNESDAY

5:00pm - L'il LAMAS TKD  
5:30pm - Junior Purple thru Black TKD  
6:15pm - Junior White thru Sr. Blue TKD  
7:00pm - Adult TKD  
8:00pm - Adult BJJ (Fundamentals)

## THURSDAY

4:15pm - L'il LAMAS TKD  
5:15pm - Kids BJJ  
6:00pm - Adult BJJ (Open Mat)  
7:00pm - Adult BJJ

## FRIDAY

5:00pm - Junior White thru Black TKD  
6:00pm - L'il LAMAS  
6:45pm - Adult TKD

## SATURDAY

9:00am - Leadership Meeting (*every two weeks*)  
10:00am - L'il LAMAS / Junior White thru Black TKD  
10:30am - Adult TKD (sparring)  
11:30am - Kids' BJJ  
12:00pm - Adult BJJ (Open Mat)

