

# LEXINGTON ACADEMY OF MARTIAL ARTS (LAMA)

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## MONDAY

4:45pm - Kids' BJJ  
5:00pm - L'il LAMAS TKD  
5:30 pm - Junior White thru Black Belt TKD  
6:15pm - Adult BJJ  
7:15pm - Adult TKD

## TUESDAY

4:45pm - Kid's BJJ/L'il LAMAS BJJ  
5:30pm - Junior White thru Black Belt TKD  
7:00pm - Adult BJJ

## WEDNESDAY

5:00pm - L'il LAMAS TKD  
5:30pm - Junior White thru Black TKD  
6:15pm - Adult BJJ (Fundamentals)  
7:15pm - Adult TKD  
7:15pm - Adult BJJ (Open Mat)

## THURSDAY

4:45pm - 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 TKD  
6:45pm - Adult TKD

## SATURDAY

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

