

LEXINGTON ACADEMY OF MARTIAL ARTS

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

MONDAY	THURSDAY
4:45PM- KID'S BJJ (BLUE MAT)	4:30PM- L'IL LAMAS BJJ (BLUE MAT)
5:00PM- L'IL LAMAS TKD (GREEN MAT)	5:00PM- KID'S BJJ (BLUE MAT)
5:30PM-JUNIOR TKD WHITE- BLACK	6:00PM- ADULT BJJ (NO GI)
6:15PM- ADULT BJJ (GI)	
7:15PM- ADULT TKD	
TUESDAY	FRIDAY
4:45PM- KID'S BJJ (BLUE MAT)	5:00PM- JUNIOR TKD WHITE- BLACK
5:30PM-JUNIOR TKD WHITE- BLACK	5:45PM- L'IL LAMAS TKD
6:15PM- ADULT BJJ (NO GI)	6:15PM- ADULT TKD
7:15PM- ADULT TKD	
WEDNESDAY	SATURDAY
5:00PM- L'IL LAMAS TKD (GREEN MAT)	9:00AM- LEADERSHIP TRAINING (EVERY 2 WEEKS)
5:30PM-JUNIOR TKD WHITE- BLACK	10:00AM- L'IL LAMAS TKD
6:15PM- ADULT BJJ (FUNDAMENTALS, GI)	10:00AM- JUNIOR TKD WHITE- BLACK
7:15PM- ADULT TKD	11:00AM- BJJ COMMUNITY OPEN MAT

***BJJ (BRAZILIAN JIUJITSU)**

***TKD (TAEKWONDO)**

***SCHEDULE EFFECTIVE MONDAY, AUGUST 12.**

****STUDENTS ARE EXPECTED TO ARRIVE TO CLASSES ON TIME AND IN PROPER LAMA TRAINING ATTIRE. TAEKWONDO STUDENTS YELLOW BELT AND ABOVE ARE REQUIRED TO BRING THEIR SPARRING GEAR TO EVERY CLASS WITH THEM. STUDENTS THAT ARRIVE TO CLASS LATER THAN 10 MINUTES WILL NOT RECEIVE CLASS CREDIT FOR THAT TRAINING SESSION. STUDENTS THAT ARE NOT IN PROPER UNIFORM WILL NOT RECEIVE CLASS CREDIT FOR THAT TRAINING SESSION.***