

JSA MARTIAL ARTS SCHEDULE

<u>MARTIAL ARTS ADULTS</u>	<u>Aikido</u>
7:00-8:00pm	Mon-Fri
10:00-11:00am	Sun
11:00am-11:45pm Family Aikido	Sat

<u>MARTIAL ARTS Jr. Samurai Ages 3-5</u>	<u>Aikido</u>
10:30am-11:00am Special New Parent & Me Class	Mon & Wed
4:00-4:30	Tues & Wed
5:30-6:00pm	Thurs
9:00-9:30am	Sat

<u>MARTIAL ARTS Child Ages 5-7</u>	<u>Aikido</u>
4:00-4:45pm	Mon
4:30-5:15pm	Tues
5:15-6:00pm	Wed
6:00-6:45pm	Thurs
10:15-11:00am	Sat

<u>MARTIAL ARTS Child Ages 7-10</u>	<u>Aikido</u>
5:30-6:15pm	Mon
5:30-6:15pm	Tues
4:30-5:15pm	Wed
4:45-5:30pm	Thurs
9:30-10:15	Sat

<u>MARTIAL ARTS Youth ages 10-14</u>	<u>Aikido</u>
4:45-5:30pm	Mon
6:15-7:00pm	Tues
4:00-4:45pm	Thurs
11:45-12:30am	Sat

<u>Black Belt Program</u>	<u>Aikido</u>
6:15-7:00pm	Mon



Our Expert Team

Our expert instructors teach you and/or your child valuable life skills such as confidence, discipline, self-defense, goal setting & leadership to push you to reach your goals!



Our Core Values

Our core values are built upon hard work and respect. We create a healthy & safe environment and mentor our clients to take personal responsibility for their results.



Our Mission

We are committed to providing innovative, relevant, sustainable and accessible Martial Arts and Fitness programs that empower our students for life.

LOCAL'S SPECIAL
4 WEEKS for \$49!
Includes training uniform
*adults & kids marital arts only

Looking for More?
Adults can train in any of our martial arts, CrossFit & Fitness classes for only \$49 for the first month and \$155 for every month after with a two month membership

Martial Art Discounts:
Military, EMTs, & Firefighters 15% discount
2nd family member 10% discount
3rd family member 50% discount
Children of our Adult CF members 50% discount

