



The Chinese Martial Arts Academy
 3A Johnson Road, Latham, NY. 12110
 (518) 755-7512
AlbanyCMAA@gmail.com
www.MartialArtsAlbany.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7 to 8 am TaiChi		7 to 8 am TaiChi		
	9 to 11 am TaiChi		9 to 11 am TaiChi		9 to 11 am TaiChi
					11 am-12 pm Kungfu 5-12
4:15 to 5 pm Kungfu 5-7	4:15 to 5 pm Kungfu 5-12	4:15 to 5 pm Kungfu 5-7	4:15 to 5 pm Kungfu 5-12	4:15 to 5 pm Kungfu 5-7	12 to 1 pm Kungfu 8+
5 to 6 pm Kungfu 8-12	5 to 6 pm Kungfu 5-12	5 to 6 pm Kungfu 8-12	5 to 6 pm Kungfu 5-12	5 to 6 pm Kungfu 8-12	1 to 2 pm Kickboxing & Kungfu Open Mat
6 to 7pm Kungfu 13+	6:15 to 7pm TaiChi	6 to 7:30 pm TaiChi	6:15 to 7 pm TaiChi	6 to 7 pm Kungfu 13+	2 to 3:15 pm Combatives
7 to 8 pm Kickboxing	7 to 8:15 pm Kungfu 8+	7:30 to 8:30pm Combatives	7 to 8:15 pm Kungfu 8+	7 to 8 pm Kickboxing	