



**The Chinese Martial Arts Academy**  
 3A Johnson Road, Latham, NY. 12110  
 (518) 755-7512  
[AlbanyCMAA@gmail.com](mailto:AlbanyCMAA@gmail.com)  
[www.MartialArtsAlbany.com](http://www.MartialArtsAlbany.com)

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