



1603 Rte 9 Town Center Plaza
 Clifton Park, NY 12065
www.JKDAMA.com

New 2009 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ADULT NOON CLASSES 12:00pm – 1:00pm		ADULT NOON CLASSES 12:00pm – 1:00pm		
KUNG FU FOR KIDS (TBA) 4:00pm – 4:45pm	KUNG FU FOR KIDS (TBA) 4:00pm – 4:45pm	KUNG FU FOR KIDS (TBA) 4:00pm – 4:45pm	KUNG FU FOR KIDS (TBA) 4:00pm – 4:45pm	CDPHP Women's Self Defense Classes 6:30pm – 7:45pm	Integrated Grappling Solutions (Instructed by Nick Sanzo)
KUNG FU FOR KIDS JKD Striking Skills 5:00pm – 5:45pm	KUNG FU FOR KIDS (TBA) 5:00pm – 5:45pm	KUNG FU FOR KIDS Brazilian Jujitsu 5:00pm – 5:45pm	KUNG FU FOR KIDS (TBA) 5:00pm – 5:45pm		
ADULT CLASSES 6:30pm – 7:30pm	ADULT CLASSES 6:30pm – 7:30pm	ADULT CLASSES 6:30pm – 7:30pm	ADULT CLASSES 6:30pm – 7:30pm		
	WOMEN ONLY CLASSES 7:40pm – 8:40pm				

**(TBA) – Classes in these time slots have not started as of yet.
 Advanced classes to be announced (Private lessons are also available)**