




Aiki Academy of Self Defense, LLC 5 Foxon Road, North Branford, CT 06471

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www.aikiacademy.com



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
Upper Level	Lower Level	Upper Level	Lower Level	Upper Level	Lower Level	Upper Level	Lower Level	Upper Level	Lower Level	Upper Level	Lower Level	
	MMA Mixed Martial Arts 5:30 - 6:45am				MMA Mixed Martial Arts 5:30 - 6:45am				MMA Mixed Martial Arts 5:30 - 6:45am	Little Ninjas 8:15 - 8:45am	Kickboxing 8:00 - 8:30am	No Classes
	Thai Kickboxing (Conditioning) 9:30 - 10:00am		Kettlebells Strength & Conditioning 9:30 - 10:00am		Thai Kickboxing (Conditioning) 9:30 - 10:00am				Kettlebells Strength & Conditioning 9:30 - 10:00am	Youth SAMBO (CORE) 9:00 - 9:45am	Kettlebells Strength & Conditioning 8:30 - 9:00am	Day of Rest
	Kettlebells Strength & Conditioning 10:00 - 10:30am		MMA Fitness Mixed Martial Arts 10:00 - 11:00am		Kettlebells Strength & Conditioning 10:00 - 10:30am				Sambo (No Gi) 10:00 - 11:00am			Thai Kickboxing (Conditioning) 9:00 - 10:00am
					Muay Thai (Fighting Concepts) 10:30 - 11:30am							BJJ (American Top Team) Luigi Mondelli 10:00 - 11:00am
Youth SAMBO (Submissions) 4:30 - 5:30pm	Teen MMA 4:30 - 5:30 pm	Little Ninjas Advanced 4:00 - 4:45 pm		Little Dragons 4:00 - 4:30pm	Teen Strength & Conditioning 4:00 - 4:30pm	Youth Weapons 4:00 - 4:45 pm	Youth SAMBO (Submissions) 4:00 - 4:45pm		Teen MMA 4:00 - 5:00 pm	Youth SAMBO (Kickboxing) 11:00 - 12:00pm	SAMBO (No Gi) 11:00 - 12:00am	
		Youth Girl's 4:45 - 5:30pm	Youth Kickboxing (Sparring) 4:45 - 5:30pm	Little Ninjas 4:45 - 5:15pm	Youth SAMBO (CORE) 4:30 - 5:15pm	Little Ninjas 4:45 - 5:15pm	Youth SAMBO (Wrestling) 4:45 - 5:30pm	Youth SAMBO (CORE) 4:45 - 5:30pm		Youth SAMBO (Wrestling) 12:00 - 1:00pm	Combat Hapkido Self Defense 12:00 - 1:00pm	
Little Ninjas 5:30 - 6:00pm	Kettlebells Strength & Conditioning 5:30 - 6:00 pm	Teen MMA 5:30 - 6:15 pm	Kickboxing 5:15 - 5:45 pm	Youth SAMBO (Kickboxing) 5:30 - 6:15pm	Kettlebells Strength & Conditioning 5:30 - 6:00pm	Youth Girl's 5:30 - 6:15pm	Kettlebells Strength & Conditioning 5:30 - 6:00pm	Little Ninjas Advanced 5:30 - 6:15pm	Kettlebells Strength & Conditioning 5:30 - 6:00pm	Judo - Adults 1:00 - 2:30pm	Judo - Kids 1:00 - 2:30pm	
Youth SAMBO (CORE) 6:05 - 6:50pm	Kickboxing 6:00 - 6:30 pm		Kettlebells Strength & Conditioning 5:45 - 6:15pm	Youth SAMBO (Wrestling) 6:15 - 7:00pm	Kickboxing 6:00 - 6:30pm	Teen MMA 6:15 - 7:15pm	Thai Kickboxing (Conditioning) 6:00 - 7:00pm		Kickboxing 6:00 - 6:30pm	Reserved for Special Events 2:30 - 4:30pm	Reserved for Special Events 2:30 - 4:30pm	
	Kettlebells Strength & Conditioning 6:30 - 7:00 pm	SAMBO (No Gi) 6:15 - 7:15 pm	Thai Kickboxing (Conditioning) 6:15 - 7:15pm		Kettlebells Strength & Conditioning 6:30 - 7:00pm							
Muay Thai (Fighting Concepts) 7:00 - 8:00pm	SAMBO (Jacket Required) 7:00 - 8:00pm	MMA Mixed Martial Arts 7:15 - 8:15pm	Combat Hapkido Self Defense 7:15 - 8:15 pm		Boxing 7:10 - 8:10 pm	MMA Mixed Martial Arts 7:15 - 8:15pm	Combat Hapkido Self Defense 7:10 - 8:10pm					
SAMBO (No Gi) 8:10 - 9:10pm		SAMBO For Women 8:15 - 9:15 pm	Kettle-Boxing (Privates) 8:15 - 9:15pm				Kettle-Boxing (Privates) 8:15 - 9:15pm					

<p>Notes:</p> <p>Please remove all jewelry before stepping on mat. No street shoes allowed on mat. School shirt and approved pants and/or shorts required for all classes. Children's sparring classes require approved gear. Please keep all children not attending a class in the playroom or playing quietly in the waiting area. Please monitor your children or guests in the playroom. Please let us know if you will be absent from class for an extended time. Please make sure finger and toe nails are kept trimmed.</p>	<p>Ask About our Apex Products!</p> <p>Order Apex to Your Door and Receive 20% off! No Sales Tax and No Shipping Costs Huge selection of supplements, meal replacement shakes, and other food. Cancel or suspend at any time - you control orders. No minimum order.</p>	<p>Private Lessons</p> <p>Let us help you accelerate your martial art skills.</p> <p>\$100/hour</p>	<p>Ask About our Great Birthday Parties!</p>  <p>Includes: 1 and 1/2 Hours of Fun 1/4 Sheet Cake 2 Large Cheese Pizzas Paper goods & Cups Drinks</p> <p>Sit back and relax while we do all the work! Price based on 15 children. Ask for price on additional children. \$50 Deposit Required Upon Booking Party</p> <p>\$300</p>