

Nisky Martial Arts

Class Schedule

Phone: 518-952-4165
 Website: niskymartialarts.com
 Email: niskymartialarts@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					MFR 8:15am - 9:00am (Adults Only)	
Beginners TKD 4:30pm - 5:15pm	Intermediate TKD 4:15pm - 5:00pm	Beginners TKD 4:15pm - 5:00pm	Tiny Tigers 5:00pm - 5:30pm	Family Class TKD 3:45pm - 4:30pm	Adult TKD 9:00am - 10:00am	Kids BJJ 9:00am - 9:45am (BJJ & BBC Members Only)
Sparring TKD 5:15pm - 6:00pm	Tiny Tigers 5:00pm - 5:30pm	Tiny Tigers 5:00pm - 5:30pm	Beginners TKD 5:30pm - 6:15pm	Kids BJJ 4:30pm - 5:15pm (BJJ & BBC Members Only)	Intermediate TKD 10:00am - 10:45am	Adult BJJ 10:00am - 11:00am (BJJ & BBC Members Only)
Family Class TKD 6:00pm - 6:45pm	Beginners TKD 5:30pm - 6:15pm	Family Class TKD 5:30pm - 6:15pm	Intermediate TKD 6:15pm - 7:00pm		Tiny Tigers 10:45am - 11:15am	
Advanced TKD 6:45pm - 7:30pm	Kids BJJ 6:15pm - 7:00pm (BJJ & BBC Members Only)	Sparring TKD 6:15pm - 7:00pm	Adult BJJ 7:00pm - 8:00pm (BJJ & BBC Members Only)		Family Class 11:15am - 12:00pm	
Self Defense 7:30pm - 8:15pm (BBC Members Only)	Adult BJJ 7:00pm - 8:00pm (BJJ & BBC Members Only)	Black Belt Club 7:00pm - 8:00pm (BBC Members Only)			Sparring Class 12:00pm - 12:45pm	
						BBC = Black Belt Club BJJ = Brazilian Jiu Jitsu MFR = Myofascial Release TKD= Taekwondo