



Modified Health Safety Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninjas						
Little Ninjas All Ranks	5:30p-6:00p		5:30p-6:00p			10:15a-10:45a
Youth & Adult Martial Arts						
White Belt & Beginner White Belt – Yellow	6:15p-7:00p		6:15p-7:00p			11:15a-12:00p
Intermediate Hi Yellow – Green		5:45p-6:30p	7:15p-8:00p			11:00a-11:45p
Advanced Hi Green – Purple		5:45p-6:30p 6:15p-7:00p		5:45p-6:30p	7:15p-8:00p	
Black Belt & Black Belt Prep Hi Purple – Black	7:15p-8:00p 7:15p-8:00p	7:15p-8:00p		5:45p-6:30p 6:30p-7:15p	6:45p-7:30p 6:45p-7:30p	
Renzo Gracie JiuJitsu	7:15p-8:15p Gi/Uniform	6:45p-7:45p No-Gi 6:45p-7:45p No-Gi	7:15p-8:15p Gi/Uniform 7:15p-8:15p Gi/Uniform	7:45p-8:45p No-Gi 7:45p-8:45p No-Gi	5:30p-6:30p No-Gi 5:30p-6:30p Gi/Uniform	
Youth JiuJitsu	6:15p-7:00p 6:15p-7:00p		6:15p-7:00p 6:15p-7:00p		6:15p-7:00p	
No-Gi MMA				6:45p-7:30p 6:45p-7:30p		10:00a-11:00a 10:00a-11:00a

Green: Pod 1 – Red: Pod 2 – Blue: Pod 3

Reserve your class online at www.LeadershipMA.com/lma