

Harris Holt Martial Arts Academy

Class Schedule

BUILDING 1 211 W. Dunbar Cave Rd

Monday

4:10 – 4:55 Child Intermediate
5:00 – 5:45 Child / Youth/ Teen Advanced
6:00 – 6:45 Child Beginner
7:00 – 7:45 **Master's Elite Kicks, Tricks & Flips**
8:00 – 9:00 **Int/ Adv Kickboxing/ MMA**

Tuesday

9:00 – 10:00 a.m. **Kickboxing**
10:00 – 11:30 a.m. **Open Mat**
12:00 – 12:45 Adult Mix
1:00 – 1:45 Child/Youth Mix
4:00 – 4:30 Little Ninjas
4:30 – 5:00 Little Ninjas
5:00 – 5:45 Child Beginner
6:00 – 6:45 Child Intermediate
7:00 – 8:00 **Kickboxing/ Muay Thai**
8:00 – 9:00 **Jiu-Jitsu/ MMA**

Wednesday

3:30 – 4:00 Little Ninjas
4:10 – 5:55 **Black Belt Elite Weapons 10-15**
5:00 – 5:45 Child Beginner
6:00 – 6:45 Child Intermediate
7:00 – 7:45 Child/ Youth/ Teen Advanced
7:00 – 7:45 **Child/ Youth Beginner Judo/ Jiu-Jitsu**
8:00 – 8:50 **Wrestling Teem/ Adult**

Thursday

9:00 – 10:00 a.m. **Kickboxing**
10:00 – 11:30 a.m. **Open Mat**
11:00 – 11:45 Child/ Youth Mix
12:00 – 12:45 Adult Mix
4:00 – 4:45 **Black Belt Elite Weapons Mix**
5:00 – 5:30 Little Ninjas
5:30 – 6:00 Little Ninjas
6:00 – 6:45 Child Intermediate
7:00 – 8:00 **Kickboxing/ Muay Thai**
8:00 – 9:00 **Jiu-Jitsu/ MMA**

Friday

4:10 – 4:55 Child Beginner
5:00 – 5:45 **Black Belt Elite Weapons 10-15**
6:00 – 6:45 Child/ Youth/ Teen Advanced
7:00 – 7:45 Youth/Teen Brown and above
8:00 – 9:00 **Wrestling Teen/ Adult**

Saturday

9:00 – 9:45 a.m. Teen/ Adult Mix
10:00 – 10:45 a.m. Child/ Youth/ Teen Advanced
11:00 – 11:45 a.m. Child Intermediate
12:00 – 12:45 Child Beginner
1:00 – 1:45 **Black Belt Elite Weapons Mix**
2:00 – 2:30 Little Ninjas
5:00 – 6:00 **Kickboxing/ Muay Thai**
6:00 – 7:00 **MMA**

BUILDING 2 1810 Alpine Dr.

Monday

5:00 – 5:45 **Black Belt Elite No Gi Jiu-Jitsu**
6:00 – 6:45 Youth Beginner
7:00 – 7:45 Youth Intermediate
8:00 – 8:45 Teen/ Adult Advanced

Tuesday

5:00 – 5:45 **Black Belt Elite Weapons Ages 6-9**
6:00 – 6:45 Child/ Youth/ Teen Advanced
7:00 – 7:45 Youth Beginner
8:00 – 8:45 Teen/ Adult Mix

Wednesday

5:00 – 5:45 **Black Belt Elite Weapons Ages 6-9**
6:00 – 6:45 Youth Intermediate
7:00 – 7:45 Youth Beginner
8:00 – 8:45 Teen Mix

Thursday

5:00 – 5:45 **Black Belt Elite Judo**
6:00 – 6:45 **Child/ Youth Beginner Jiu-Jitsu**
7:00 – 7:45 Child Beginner
8:00 – 8:45 Teen/ Adult Mix

Friday

5:00 – 5:45 **Master's Elite Kicks, Tricks & Flips**
6:00 – 6:45 Youth Beginner
7:00 – 7:45 Youth Intermediate
8:00 – 8:45 Teen Mix

Saturday

7:00 – 8:50 a.m. **Adult Krav Maga**
10:00 – 10:45 a.m. **Child/Youth Mix Rank Jiu-Jitsu**
11:00 – 11:45 a.m. Youth Intermediate
12:00 – 12:45 Youth Beginner
1:00 – 1:45 **Child/ Youth Beginner Jiu-Jitsu**

KEY:

Child classes = Ages 6 – 8 & Youth classes = Ages 9 – 12