



Class Schedule

Effective January 4, 2010

Action Martial Arts
 21690 Red Rum Dr.
 Suite 187
 Ashburn, VA 20147
 Phone: 703-723-1850
 Fax: 703-723-7322
 Email: dross@amakick.com
 Web: www.amakick.com

PRE-SCHOOL

LITTLE ACTION NINJAS - BEGINNER
 (2 to 4 year olds)

Wednesday 9:00 am – 9:45 am
 Saturday 10:30 am – 11:15 am

One day per week pre-selected

PRE-SCHOOL

LITTLE ACTION NINJAS - ADVANCED
 (2 to 4 year olds)

Wednesday 9:45 am – 10:30 am
 Saturday 11:15 am – 12:00 pm

Two days per week pre-selected

ACTION NINJAS - BEGINNER
 (4 & 5 year olds only)
 (*White thru Gold Belt*)

Tuesday 12:45 pm – 1:30 pm
 Thursday 12:45 pm – 1:30 pm
 Saturday 12:00 pm – 12:45 pm

ACTION CHILDREN - INTRO
 (4 to 13 year olds)

Monday 6:15 pm – 6:45 pm
 Tuesday 6:15 pm – 6:45 pm
 Wednesday 6:15 pm – 6:45 pm
 Thursday 6:15 pm – 6:45 pm

ACTION CHILDREN - BEGINNER
 (4 to 13 year olds)
 (*White thru Gold Belt*)

Monday 5:30 pm – 6:15 pm
 Tuesday 4:00 pm – 4:45 pm
 Wednesday 5:30 pm – 6:15 pm
 Thursday 4:00 pm – 4:45 pm
 Saturday 12:00 pm – 12:45 pm

ACTION CHILDREN - INTERMEDIATE
 (4 to 13 year olds)
 (*Green thru Blue Belt*)

Monday 4:45 pm – 5:30 pm
 Tuesday 4:45 pm – 5:30 pm
 Wednesday 4:45 pm – 5:30 pm
 Thursday 4:45 pm – 5:30 pm
 Saturday 12:00 pm – 12:45 pm

ACTION CHILDREN - ADVANCED
 (4 to 13 year olds)
 (*Red thru Adv. Brown Belt*)

Monday 4:00 pm – 4:45 pm
 Tuesday 5:30 pm – 6:15 pm
 Wednesday 4:00 pm – 4:45 pm
 Thursday 5:30 pm – 6:15 pm
 Saturday 12:00 pm – 12:45 pm

ACTION CHILDREN - BLACK BELTS
 (4 to 13 year olds)
 (*Black Belt only*)

Monday 6:45 pm – 7:30 pm
 Tuesday 6:45 pm – 7:30 pm
 Wednesday 6:45 pm – 7:30 pm
 Thursday 6:45 pm – 7:30 pm
 Saturday 12:45 pm - 1:30 pm

ADULTS TAE KWON DO
 (14 year olds and Above)
 (All Ranks)

Monday 6:45 pm – 7:30 pm
 Tuesday 6:45 pm – 7:30 pm
 Wednesday 6:45 pm – 7:30 pm
 Thursday 6:45 pm – 7:30 pm
 Saturday 12:45 pm - 1:30 pm

ACTION AIKIDO
ADULTS ONLY
 (14 year olds and Above)
 (All Ranks)

Tuesday 7:30 pm – 9:30 pm
 Thursday 7:30 pm – 9:30 pm
 Saturday 8:30 am – 10:30 am

ACTION SPECIALTY CLASSES

Tumbling Friday 4:00 pm – 4:45 pm
Nunchucku Friday 4:45 pm – 5:30 pm
Bo-Staff Friday 5:30 pm – 6:15 pm

ACTION KICKBOXING
ADULTS ONLY

Monday 7:30 pm – 8:30 pm
 Wednesday 7:30 pm – 8:30 pm

Do not deviate from the schedule without Mr. Moss's permission. Please see Mr. Moss to determine which class you should attend. Specialty classes subject to additional fees. See Mr. Moss for details on any specialty classes.