



VACCA Modern Martial Arts  
 2395 York Rd. Jamison, PA  
[jamison.vmmafit.com](http://jamison.vmmafit.com) | 215-956-5100

Fall Class Schedule - Effective September 4th, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	V3 Cardio Kickboxing 9:30 - 10:30am		V3 Cardio Kickboxing 9:30 - 10:30am		V3 Cardio Kickboxing 8:00 - 9:00am
Little Dragons 4:00 - 4:30					Adults 9:00 - 10:00am A/B Day
Purple, Blue & Green Belts 4:30 - 5:15 A Day	Tiny Tigers 4:30 - 5:00	Kids Ages 10 & Up 4:45 - 5:30 B Day	White, Yellow, Orange & All Stars 4:30 - 5:15 A Day	Brown, Red, High Red & Jr Black Belts 4:15 - 5:00 A Day	Tiny Tigers 10:00 - 10:30am
Brown, Red & High Red Belts 5:15 - 6:00 A Day	White, Yellow, Orange & All Stars 5:00 - 5:45 A Day	White, Yellow, Orange & All Stars 5:30 - 6:15 A Day	Kids Ages 6 - 9 4:30 - 5:15 B Day	Purple, Blue & Green Belts 5:00 - 5:45 A Day	Little Dragons 10:30 - 11:00am
Jr. Black Belts 6:00 - 6:45 A Day	Purple, Blue & Green Belts 5:45 - 6:30 A Day	Kids Ages 6 - 9 5:30 - 6:15 B Day	Little Dragons 5:15 - 5:45	White, Yellow, Orange & All Stars 5:45 - 6:30 A Day	White, Yellow, Orange & All Stars 11:00 - 11:45 A Day
V3 Cardio Kickboxing 6:45 - 7:30	Little Dragons 6:30 - 7:00	Little Dragons 6:15 - 6:45	Kids Ages 10 & Up 5:45 - 6:30 B Day	Adults (all belts) 6:30 - 7:15 A Day	Kids Ages 6 - 9 11:00 - 11:45 B Day
Adults (all belts) 7:30 - 8:30 A Day	Brown, Red & High Red Belts 7:00 - 7:45 A Day	V3 Cardio Kickboxing 6:45 - 7:30	Jr. Black Belts 6:30 - 7:15 A Day		Kids Ages 10 & Up 11:45 - 12:30 B Day
	Adults Brown - Black Belts 7:45 - 8:45 A Day	Adults White - Green Belts 7:30 - 8:30 A Day	Adults 7:15 - 8:15 B Day		