

Avon Martial Arts Academy

For special events, tournaments, graduations, closings or delays due to inclement weather,
please visit our FACEBOOK page

<https://www.facebook.com/Avon-Martial-Arts-Academy-109222172440390/>

OR CALL

585-226-8030

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 – 6:30 JUNIOR	5:45 – 6:15 DRAGON	5:45 – 6:30 YOUTH	5:45 – 6:15 DRAGON		9:00 – 9:30 DRAGON
6:45 – 7:30 YOUTH	6:30 – 7:15 JUNIOR	6:30 SPARRING	6:30 – 7:15 JUNIOR	NO CLASSES	9:45 – 10:45 MIXED
7:30 – 8:15 ADULT	7:30 – 8:15 ADULT	COMPETITION & DEMO TRAINING	7:30 – 8:15 ADULT		11:00 SPARRING
					COMPETITION & DEMO TRAINING