

Joe Diamond's Atlantic City Mixed Martial Arts Academy

Tilton Shops, 331 Tilton Rd. #3 Northfield, NJ 08225 609-272-2270 website Children's Program www.martialartskids.org

Schedule effective 10-3-09

website for Adult Program www.acmma.net

Monday Tuesday Wednesday Thursday Friday Saturday  
 Martial Arts for Children

Little Ninjas 4-4:45 pm Kids Jiu-jitsu 4:45-5:30 pm Karate 5:30-6:15 pm	Karate 5:15-6 pm	Little Ninjas 4-4:45 pm Kids Jiu-jitsu 4:45-5:30 pm Karate 5:30-6:15 pm	Karate 5:15-6 pm	Little Ninjas 4-4:45 pm Kids Jiu-jitsu 4:45-5:30 pm Karate 5:30-6:15 pm
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Adults: Mixed Martial Arts Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	MMA 10-11:30 am (invitation only)
Muay Thai 6:30-7:30 pm Gracie Jiu-jitsu 7:30-8:30 pm	Muay Thai 6-6:45 pm No-Gi 6:45-7:30 pm	Muay Thai 6:30-7:30 pm Gracie Jiu-jitsu 7:30-8:30 pm	Muay Thai 6-6:45 pm No-Gi 6:45-7:30 pm	Muay Thai 6:30-7:30 pm Gracie Jiu-jitsu 7:30-8:30 pm	