

MERRIMACK VALLEY MARTIAL ARTS ACADEMY 200 SUTTON STREET, NORTH ANDOVER, MA 01845

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KIDS 4-6 4:00-4:45PM	YOUTH 7-12 INTERMEDIATE Orange-Purple Ranks 4:00-4:45PM	KIDS 4-6 4:00-4:45PM	YOUTH 7-12 INTERMEDIATE Blue - Green Ranks 4:00-4:45PM	KIDS 4-6 4:00-4:45PM	Ladies Kickboxing 8:30-9:15AM
YOUTH 7-12 White-Yellow Rank 4:45-5:30PM	YOUTH 7-12 INTERMEDIATE Blue - Green Ranks 4:45-5:30PM	YOUTH 7-12 White-Yellow Rank 4:45-5:30PM	YOUTH 7-12 INTERMEDIATE Orange-Purple Ranks 4:45-5:30PM	START BJJ Youth 7-12 5:00-5:45PM	YOUTH 7-12 White-Yellow Rank 9:30-10:15AM
START BJJ Youth 7-12 5:30-6:15PM	TEEN 13-15 5:30-6:15PM	START BJJ Youth 7-12 5:30-6:15PM	TEEN 13-15 5:30-6:15PM		Kicking Class W/Sensei Orlando 10:15-11AM
Ladies Kickboxing 6:30-7:15PM	Advanced Teen 6:15-7:15pm	Ladies Kickboxing 6:30-7:15PM	Advanced Teen 6:15-7:15pm		Open MAT 11:00-12:00PM
	START BJJ ADULT 7:30-9PM	START BJJ ADULT 7:30-9PM	START BJJ ADULT 7:30-9PM		

Tuesday and Thursday Morning Classes

Tuesday	Thursday
Ladies Kickboxing 9:00-9:45AM	Ladies Kickboxing 9:00-9:45AM
START BJJ ADULT 10:00-11:15AM	START BJJ ADULT 10:00-11:15AM

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