

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	I N O S A N T O A C A D E M Y C L A S S S C H E D U L E				
little dragons Kick boxing <i>"No Shoes"</i> <i>Allowed on the matted training area</i>	Silat JKD *Jeet Kuen II* & *Jeet Kuen III* Instructor Approval Required	Guro Dan Inosanto Kali	MMA 10:30-11:30 Filipino Martial Arts 12-1 pm Mixed Martial Arts	CAPOEIRA besouro JJ Machado Jiu-Jitsu Shooto	Yoga 8-8:45 am Yoga 9-10 am Little Dragons 10-11 am Capoeira Besouro 11-12 noon Mixed Martial Arts 12-1 pm Filipino Martial Arts					
			5-6 pm		5-6 pm		5-6 pm	5-6 pm	Little Dragons	
			Kick Boxing		Little Dragons		Filipino Martial Arts			
							Little Dragons	6-7 pm		Filipino Martial Arts
			6-7 pm		6-7 pm		6-7 pm	Thai Boxing	6-7 pm	1-2 pm
			Mixed Martial Arts		Thai Boxing		Mixed Martial Arts		Shoot Wrestling	Thai Boxing
								7-8 pm		Dog Brothers
			7-8 pm		7-8 pm		7-8 pm	Majapahit	7-8 pm	2-3 pm
			Brazilian Jiu-Jitsu		Majapahit		Thai Boxing		Jeet Kuen I	Shoot Wrestling
							Brazilian Jiu-Jitsu	8-9 pm		3-4 pm
8-9 pm	8-9 pm	8-9 pm	Filipino Martial Arts	8-9 pm	Jeet Kuen I					
Jeet Kuen I	Filipino Martial Arts	Jeet Kuen I		Filipino Martial Arts						
9-10 pm	9-10 pm	9-10 p m	CLASS, INSTRUCTOR, TRAINING ROOM, TIME SUBJECT TO CHANGE WITHOUT NOTICE <i>"No Shoes" allowed on the matted training area.</i> 310-578-7773							
Jeet Kuen II	*Jeet Kuen III*	Shoot Wrestling								
Inosanto Academy Of Martial Arts 13348-13352 Beach Avenue Marina Del Rey, CA 90292 www.inosanto.com										