



# Marmora Martial Arts Club Schedule 2024/25

Monday	Tuesday	Wednesday
<p>6:00 to 6:50pm Children's and Youth Martial Arts Jiu Jitsu, Karate, Self Defence (Ages 7-13)</p>	<p>6:00 to 6:45pm "Little Dragons" Children's Martial Arts (Ages 5-7) Min age of 5 as of Jan.</p> 	<p>6:00 to 6:50pm Children's and Youth Martial Arts Jiu Jitsu, Karate, Self Defence (Ages 7-13)</p>
<p>7:00 to 8:30pm Teen and Adult Martial Arts Jiu Jitsu, Kung Fu, Karate, Kick Boxing (Ages 13+)</p> 	<p>7:00pm to 7:45pm Tai Chi, Chi Kung and Internal Martial Arts</p>	<p>7:00 to 8:30pm Teen and Adult Martial Arts Jiu Jitsu, Kung Fu, Karate, Kick Boxing (Ages 13+)</p>
	<p>7:45 to 8:30pm Kung Fu and Internal Martial Arts (Hsing I Chuan, My Jong Law Horn Pai, I Chuan)</p>	