

Bay Mountain Martial Arts

Concord / Walnut Creek
785 M&N Oak Grove Road
Concord, California 94518

www.bmmaconcord.com
(925) 798-6235
baymountain@astound.net

Jonathan Hamilton
Chief Instructor

Margaret Hamilton
Senior Instructor

Alex Canders
Senior Instructor,
Webmaster

Group Schedule Effective 9/8/2009

Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers Classes (4-6yrs):						
Tiny Tigers All Ranks	3:30-4 & (6-6:30)	(3:30-4:00) & 5:00-5:30	3:30-4:00 & 5:00-5:30	3:30-4 & (5-5:30)	4:45-5:15, 5:15-5:45	9-9:30, 9:30-10 , 10:45- 11:15 &11:45-12:15
Tiny Tigers (Purple+)		4:00-4:30	4:00-4:30	4:00-4:30		
Dragon's Classes (7-11yrs):						
White - Purple	4:00-4:45	6:15-7:00	5:30-6:15	6:15-7:00	4:00-4:45	10:00-10:45
Purple/Blue- Green	6:30-7:15	5:30-6:15	4:45-5:30	4:00-4:45	5:30-6:15	11:15-12:15
Green/Brown- Jr. Black	4:45-5:45	4:00-5:00	6:15-7:00	5:15-6:15	6:15-7:15	11:15-12:15
Teens 12-17 years	-	-	6:15-7:00		6:15-7:00	
BBC Youth	-	-	-	-	4:00-4:45	
Demo Team	-	Jr.4:30-5:00	Sr. 4-4:45-	-	Sr. 4:45-5:30	SR. 12:15-1:15
GOLD Team	-	-	-	-	-	11:00-12:15
Adult Classes:						
CrossFit Adult	12:15-12:45pm 7:15-8:00pm	5:30-6:15pm 7:00-8:00pm	12:15-12:45 pm 7:00-8:00pm	5:30-6:15pm 7:00-8:00pm	9:00-10:00am 12:15-12:45pm	10:00-11:00am
Open Gym		8:00-9:00		8:00-9:00	-	
Wing Tsun SL 1-4	8:00-9:00	7:00-8:00	8:00-9:00	7:00-8:00	6:45-7:45	9:00-10:00
Wing Tsun SL 5+	8:00-9:00	7:00-8:00	8:00-9:00	7:00-8:00	6:45-7:45	9:00-10:00
Escrima		8:00-9:00	8:00-9:00	8:00-9:00	7:45-8:45	
Study Hall/ (make-ups)	-	-	-	-	-	12:15-1:15