

Family Martial Arts Center - Evening Classes

January 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 NO CLASSES	3 5:30 A: ONE-STEPS 5:30 B: LITTLE NINJAS 6:15 A: FORMS 6:15 B: WHITE BELTS 7:00 A: ADULT CLASS	4 5:30 A: BLACK BELT FORMS 5:30 B: TAKEDOWNS 6:15 A: FUNDAMENTALS 6:15 B: WEAPONS 7:00 A: ADULT CLASS	5 5:30 A: TARGET KICKS 5:30 B: LITTLE NINJAS 6:15 A: SPARRING 6:15 B: WHITE BELTS	6 NO CLASSES	7
8 T-SHIRT WEEK WEAR YOUR FAVORITE MARTIAL ARTS T-SHIRT	9 5:30 A: FORMS 5-8 6:15 A: TAKEDOWNS 6:15 B: FITNESS CLASS 7:00 A: BLACK BELTS	10 5:30 A: JUMPS & ROLLS 5:30 B: LITTLE NINJAS 6:15 A: SPARRING 6:15 B: WHITE BELTS 7:00 A: ADULT CLASS	11 5:30 A: BLACK BELT FORMS 5:30 B: ONE-STEPS 6:15 A: FUNDAMENTALS 6:15 B: FITNESS CLASS 7:00 A: ADULT CLASS 7:00 B: WEAPONS	12 5:30 A: FORMS 1-4 5:30 B: LITTLE NINJAS 6:15 A: ONE-STEPS 6:15 B: WHITE BELTS 7:00 A: DEMO TEAM	13 NO CLASSES	14
15	16 STUDENT PRE-TESTING 6:00 TO 7:00 (Must Have Green Stripe) 6:15 B: FITNESS CLASS	17 5:30 A: FORMS 1-4 5:30 B: LITTLE NINJAS 6:15 A: ONE-STEPS 6:15 B: WHITE BELTS 7:00 A: ADULT CLASS	18 5:30 A: BLACK BELT FORMS 5:30 B: FUNDAMENTALS 6:15 A: SPARRING 6:15 B: FITNESS CLASS 7:00 A: ADULT CLASS 7:00 B: WEAPONS	19 5:30 A: FORMS 5-8 5:30 B: LITTLE NINJAS 6:15 A: FUNDAMENTALS 6:15 B: WHITE BELTS	20 STUDENT TESTING	21
22	23 5:30 A: FORMS 1-4 6:15 A: FUNDAMENTALS 6:15 B: FITNESS CLASS 7:00 A: BLACK BELTS	24 5:30 A: FORMS 5-8 5:30 B: LITTLE NINJAS 6:15 A: YOGA 6:15 B: WHITE BELTS 7:00 A: ADULT CLASS	25 5:30 A: BLACK BELT FORMS 5:30 B: JUMP KICKS 6:15 A: ONE-STEPS 6:15 B: FITNESS CLASS 7:00 A: ADULT CLASS 7:00 B: WEAPONS	26 5:30 A: TAKEDOWNS 5:30 B: LITTLE NINJAS 6:15 A: SPARRING 6:15 B: WHITE BELTS 7:00 A: DEMO TEAM	27 NO CLASSES	28
29	30 5:30 A: FORMS 5-8 6:15 A: SPARRING 6:15 B: FITNESS CLASS 7:00 A: BLACK BELTS	31 5:30 A: FUN TEAM DRILLS 5:30 B: LITTLE NINJAS 6:15 A: FUNDAMENTALS 6:15 B: WHITE BELTS 7:00 A: ADULT CLASS	1 5:30 A: BLACK BELT FORMS 5:30 B: GAME CLASS 6:15 A: TAKEDOWNS 6:15 B: FITNESS CLASS 7:00 A: ADULT CLASS 7:00 B: WEAPONS	2 5:30 A: FORMS 1-4 5:30 B: LITTLE NINJAS 6:15 A: ONE-STEPS 6:15 B: WHITE BELTS	3 NO CLASSES	4

- This NEW calendar combines both “A” and “B” training floors!
- New “Fitness Class” held every Monday & Wednesday. 1st month FREE! No Uniforms! Adults Only!