



# IRON FIST MARTIAL ARTS ACADEMY

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[www.ironfistma.com](http://www.ironfistma.com)

[www.lightforceacademy.com](http://www.lightforceacademy.com)

[www.ironbodykb.com](http://www.ironbodykb.com)



	MON	TUE	WED	THU	
3:30pm		 (Ages 4 - 7) <b>LITTLE NINJAS</b>		 (Ages 4 - 7) <b>LITTLE NINJAS</b>	
4:15pm		 (Ages 6½ - 15) <b>MARTIAL ARTS</b>	 (Ages 4 - 7) <b>LITTLE NINJAS</b>	 (Ages 6½ - 15) <b>MARTIAL ARTS</b>	
5:05pm	  (Ages 6½ - 15) <b>MARTIAL ARTS</b>	  (Ages 6½ - 15) <b>MARTIAL ARTS</b>	  (Ages 6½ - 15) <b>MARTIAL ARTS</b>	  (Ages 6½ - 15) <b>MARTIAL ARTS</b>	
5:55pm	  <b>ADVANCED MARTIAL ARTS</b> (GREEN BELTS +)	 <b>LIGHT FORCE ACADEMY</b> <b>CADETS (AGES 7 - 12)</b>	  <b>ADVANCED BELTS</b> (GREEN BELTS +)	 <b>LIGHT FORCE ACADEMY</b> <b>CADETS (AGES 7 - 12)</b>	
6:45pm	  <b>ADULTS MARTIAL ARTS</b> (AGES 15+)	 <b>IRON BODY KICKBOXING</b>	  <b>ADULTS MARTIAL ARTS</b> (AGES 15+)	 <b>IRON BODY KICKBOXING</b>	
7:30pm		 <b>LIGHT FORCE ACADEMY</b> <b>ADULTS/TEENS (13+)</b>		 <b>LIGHT FORCE ACADEMY</b> <b>ADULTS/TEENS (13+)</b>	



: CLASSES THAT WILL RUN ZOOM IN CONJUNCTION WITH IN-DOJO CLASS

