

IRON FIST MARTIAL ARTS ACADEMY



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www.ironfistma.com

www.lightforceacademy.com

	MON	TUE	WED	THU
	IVIOIN	IOE	YYED	Ino
3:30pm		LITTLE		
				Name
		(Ages 4 - 7)		(Ages 4 - 7)
		LITTLE NINJAS		LITTLE NINJAS
4:15pm				
	LITTLE			
	(Ages 4 - 7)	(Ages 6½ - 15)	(Ages 4 - 7)	(Ages 6½ - 15)
	LITTLE NINJAS	MARTIAL ARTS	LITTLE NINJAS	MARTIAL ARTS
5:05pm				
	(Ages 6½ - 15)	(Ages 6½ - 15)	(Ages 6½ - 15)	(Ages 6½ - 15)
	MARTIAL ARTS	MARTIAL ARTS	MARTIAL ARTS	MARTIAL ARTS
		Second Transfer of the Control of th		4 3
5:55pm				
	CADETS (Ages 7 - 14)	*** (Ages 7 - 14) ***	*** (Ages 7 - 14) ***	CADETS (Ages 7 - 14)
	LIGHT FORCE ACADEMY	SPEED/AGILITY/STAMINA	SPEED/AGILITY/STAMINA	LIGHT FORCE ACADEMY
6:45pm				
	ADULTS/TEENS & ADVANCED	GLOWBOXING	ADULTS/TEENS & ADVANCED	GLOWBOXING
	MARTIAL ARTS	FITNESS	MARTIAL ARTS	FITNESS
7:30pm				
		ADULTS/TEENS (14+)		ADULTS/TEENS (14+)
		LIGHT FORCE ACADEMY		LIGHT FORCE ACADEMY
***	DENOTES DROP-IN C	LASS (PAY PER CLAS	SS) & MUST RESERVE	CLASS ONLINE