



# IRON FIST MARTIAL ARTS ACADEMY



























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



	MON	TUE	WED	THU	
3:30pm		 (Ages 4 - 7) LITTLE NINJAS		 (Ages 4 - 7) LITTLE NINJAS	
4:15pm	 (Ages 4 - 7) LITTLE NINJAS	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 4 - 7) LITTLE NINJAS	 (Ages 6½ - 15) MARTIAL ARTS	
5:05pm	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 6½ - 15) MARTIAL ARTS	
5:55pm	 CADETS (Ages 7 - 14) LIGHT FORCE ACADEMY	 *** (Ages 7 - 14) *** SPEED/AGILITY/STAMINA	 *** (Ages 7 - 14) *** SPEED/AGILITY/STAMINA	 CADETS (Ages 7 - 14) LIGHT FORCE ACADEMY	
6:45pm	   ADULTS/TEENS & ADVANCED MARTIAL ARTS	 GLOWBOXING FITNESS	   ADULTS/TEENS & ADVANCED MARTIAL ARTS	 GLOWBOXING FITNESS	
7:30pm		 ADULTS/TEENS (14+) LIGHT FORCE ACADEMY		 ADULTS/TEENS (14+) LIGHT FORCE ACADEMY	
<b>*** : DENOTES DROP-IN CLASS (PAY PER CLASS) &amp; MUST RESERVE CLASS ONLINE</b>					

