



# IRON FIST MARTIAL ARTS ACADEMY

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

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

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

	MON	TUE	WED	THU	PROGRAMS
3:30pm	 (Ages 4 - 7) <b>LITTLE NINJAS</b>	 (Ages 4 - 7) <b>LITTLE NINJAS</b>	 (Ages 4 - 7) <b>LITTLE NINJAS</b>	 (Ages 4 - 7) <b>LITTLE NINJAS</b>	
4:15pm	 (Ages 7 - 15) <b>SPEED/AGILITY/STAMINA</b>	 (Ages 6½ - 15) <b>MARTIAL ARTS</b>	 (Ages 7 - 15) <b>SPEED/AGILITY/STAMINA</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>CADETS (Ages 7 - 14)</b> <b>LIGHTSABER COMBAT</b>	 (Ages 7 - 15) <b>SPEED/AGILITY/STAMINA</b>	 <b>CADETS (Ages 7 - 14)</b> <b>LIGHTSABER COMBAT</b>	 (Ages 7 - 15) <b>SPEED/AGILITY/STAMINA</b>	
6:45pm	**  ** <b>ADULTS/TEENS (Ages 15+)</b> <b>MARTIAL ARTS/SELF-DEFENSE</b>	 <b>GLOWBOXING</b> <b>FITNESS &amp; KICKBOXING</b>	**  ** <b>ADULTS/TEENS (Ages 15+)</b> <b>MARTIAL ARTS/SELF-DEFENSE</b>	 <b>GLOWBOXING</b> <b>FITNESS &amp; KICKBOXING</b>	
7:30pm	 <b>LEADERSHIP TEAM</b> <b>*BY INVITATION ONLY*</b>	 <b>ADULTS/TEENS (15+)</b> <b>LIGHTSABER COMBAT</b>		 <b>ADULTS/TEENS (15+)</b> <b>LIGHTSABER COMBAT</b>	
<b>** : ADVANCED STUDENTS ELIGIBLE</b>			<b>EFFECTIVE 8/12/24</b>		