



IRON FIST MARTIAL ARTS ACADEMY

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	MON	TUE	WED	THU	FRI
3:45pm		 (Ages 4 - 7) LITTLE NINJAS	 (Ages 4 - 7) LITTLE NINJAS	 (Ages 4 - 7) LITTLE NINJAS	 MEMBER ASSESSMENTS <i>*BY RESERVATION ONLY</i>
4:30pm	 MIXED - (Ages 6½ - 15) SPEED & AGILITY	 (Ages 6½ - 15) MARTIAL ARTS	 MIXED - (Ages 6½ - 15) SPEED & AGILITY	 (Ages 6½ - 15) MARTIAL ARTS	 MIXED - (Ages 6½ - 15) SPEED & AGILITY
5:15pm	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 6½ - 15) MARTIAL ARTS	 CADETS (Ages 7 - 14) LIGHTSABER COMBAT
6:00pm	PRIVATE/GROUP TRAINING	 MIXED - (Ages 6½ - 15) SPEED & AGILITY	 MIXED - (Ages 6½ - 15) SPEED & AGILITY	 MIXED - (Ages 6½ - 15) SPEED & AGILITY	PRIVATE TRAINING
6:45pm	 OLDERS - (Ages 10 - 17) SPEED/AGILITY/STAMINA	 OLDERS - (Ages 10 - 17) SPEED/AGILITY/STAMINA	 OLDERS - (Ages 10 - 17) SPEED/AGILITY/STAMINA	PRIVATE/GROUP TRAINING	
7:30pm	 ADULTS/TEENS (15+) MARTIAL ARTS	 ADULTS/TEENS (15+) LIGHTSABER COMBAT	 ADULTS/TEENS (15+) MARTIAL ARTS	 ADULTS/TEENS (15+) LIGHTSABER COMBAT	