



IRON FIST MARTIAL ARTS ACADEMY

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www.ironfistma.com

www.lightforceacademy.com

www.adrenalinescv.com

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