



# IRON FIST MARTIAL ARTS ACADEMY




























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	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	 (GREEN BELTS +/10+) ADVANCED MARTIAL ARTS	 CADETS (AGES 7 - 14) LIGHT FORCE ACADEMY		
6:45pm	 (GREEN BELTS +/10+) ADVANCED MARTIAL ARTS	 GLOWBOXING FITNESS	  ADULTS SELF-DEFENSE	 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>						