



## Institute of Martial Arts

1275 Bloomfield Ave Bldg 2, Unit 11 Fairfield, NJ 07004



| MONDAY   | TUESDAY                             | WEDNESDAY  | THURSDAY                           | FRIDAY                                     | SATURDAY  |
|--|-------------------------------------|--|------------------------------------|--|---|
|  |                                     |  |                                    |  |   |
| 4:15 PM  | 4:15 PM                             | 4:15 PM  | 4:15 PM                            | 4:15 PM                                    | 9:00 AM   |
| Kids<br><b>BASIC</b><br>Kung-Fu                        | Kids<br><b>ADV</b><br>Kung-Fu       | Kids<br><b>BASIC</b><br>Kung-Fu                        | Kids<br><b>ADV</b><br>Kung-Fu      | <b>SWAT/STORM</b>                          | FU-BOX  |
|  |                                     |  |                                    |  |   |
| 5:00 PM  | 5:00 PM                             | 5:00 PM  | 5:00 PM                            | 5:00 PM                                    | 10:00 AM  |
| Kids<br><b>BEG</b><br>Kung-Fu                          | Kids<br><b>INT</b><br>Kung-Fu       | Kids<br><b>BEG</b><br>Kung-Fu                          | Kids<br><b>INT</b><br>Kung-Fu      | Kids<br><b>BEG</b><br>Kung-Fu              | All Ages<br>KUNG-FU<br>ALL LEVELS   |
|  |                                     |  |                                    |  |   |
| 5:45 PM  | 5:45 PM                             | 5:45 PM  | 5:45 PM                            | 5:45 PM                                    | <b>Saturday Classes</b><br><b>Begin 1/26/19</b><br><b>&amp; End 4/13/19</b> |
| <b>TUMBLING</b><br><b>TIGERS</b><br>\$10 Pay as you go | Kids/Adults<br><b>SPARRING</b>      | <b>TUMBLING</b><br><b>TIGERS</b><br>\$10 Pay as you go | Kids/Adults<br><b>WEAPONS</b>      | Kids/Adults<br><b>SUPER STRETCH</b>        |   |
|  |                                     |  |                                    |  |   |
| 6:30 PM  | 6:30 PM                             | 6:30 PM  | 6:30 PM                            | 6:30 PM                                    |   |
| Adults<br><b>FU-BOX</b><br>Cardio Jam                  | Teens/Adults<br><b>KUNG-FU</b>      | Adults<br><b>FU-BOX</b><br>Bags & Drills               | Teens/Adults<br><b>KUNG-FU</b>     | Adults<br><b>FU-BOX</b><br>ADVANCED        |   |
|  |                                     |  |                                    |  |   |
| 7:30 PM  | 7:30 PM                             | 7:30 PM  | 7:30 PM                            | 7:30 PM                                    |   |
| Teens/Adults<br><b>Kung-Fu</b><br>BEG/INT FORMS        | Adults<br><b>FU-BOX</b><br>Fit Kick | Teens/Adults<br><b>Kung-Fu</b><br>ADV FORMS            | Adults<br><b>Fu-Box</b><br>Targets | Teens/Adults<br><b>Kung-Fu</b><br>ADVANCED |   |