



IRON FIST MARTIAL ARTS ACADEMY

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www.ironfistma.com

www.lightforceacademy.com

www.adrenalinescv.com

	MON	TUE	WED	THU	PROGRAMS
3:45pm		 (Ages 4 - 7) LITTLE NINJAS	 (Ages 4 - 7) LITTLE NINJAS	 (Ages 4 - 7) LITTLE NINJAS	
4:30pm	 (Ages 7 - 15) SPEED/AGILITY/STAMINA	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 7 - 15) SPEED/AGILITY/STAMINA	 (Ages 6½ - 15) MARTIAL ARTS	
5:15pm	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 6½ - 15) MARTIAL ARTS	 (Ages 6½ - 15) MARTIAL ARTS	
6:00pm	 CADETS (Ages 7 - 14) LIGHTSABER COMBAT	 (Ages 7 - 15) SPEED/AGILITY/STAMINA	 CADETS (Ages 7 - 14) LIGHTSABER COMBAT	 (Ages 7 - 15) SPEED/AGILITY/STAMINA	
6:45pm	 ADULTS/TEENS (Ages 15+) MARTIAL ARTS/SELF-DEFENSE	 (Ages 7 - 15) SPEED/AGILITY/STAMINA	 ADULTS/TEENS (Ages 15+) MARTIAL ARTS/SELF-DEFENSE	 (Ages 7 - 15) SPEED/AGILITY/STAMINA	
7:30pm	PRIVATE TRAINING	 ADULTS/TEENS (15+) LIGHTSABER COMBAT	PRIVATE TRAINING	 ADULTS/TEENS (15+) LIGHTSABER COMBAT	