



# IRON FIST MARTIAL ARTS ACADEMY

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[www.ironfistma.com](http://www.ironfistma.com)

[www.lightforceacademy.com](http://www.lightforceacademy.com)

[www.adrenalinescv.com](http://www.adrenalinescv.com)

	MON	TUE	WED	THU	PROGRAMS
3:45pm		 (Ages 4 - 7) <b>LITTLE NINJAS</b>	 (Ages 4 - 7) <b>LITTLE NINJAS</b>	 (Ages 4 - 7) <b>LITTLE NINJAS</b>	
4:30pm	 (Ages 7 - 15) <b>SPEED/AGILITY/STAMINA</b>	 (Ages 6½ - 15) <b>MARTIAL ARTS</b>	 (Ages 7 - 15) <b>SPEED/AGILITY/STAMINA</b>	 (Ages 6½ - 15) <b>MARTIAL ARTS</b>	
5:15pm	 (Ages 6½ - 15) <b>MARTIAL ARTS</b>	 (Ages 6½ - 15) <b>MARTIAL ARTS</b>	 (Ages 6½ - 15) <b>MARTIAL ARTS</b>	 (Ages 6½ - 15) <b>MARTIAL ARTS</b>	
6:00pm	 <b>CADETS (Ages 7 - 14)</b> <b>LIGHTSABER COMBAT</b>	 (Ages 7 - 15) <b>SPEED/AGILITY/STAMINA</b>	 <b>CADETS (Ages 7 - 14)</b> <b>LIGHTSABER COMBAT</b>	 (Ages 7 - 15) <b>SPEED/AGILITY/STAMINA</b>	
6:45pm	 <b>ADULTS/TEENS (Ages 15+)</b> <b>MARTIAL ARTS/SELF-DEFENSE</b>	 <b>MEMBER ASSESSMENTS</b> <b>NO REGULAR CLASS</b> <b>*BY RESERVATION ONLY</b>	 <b>ADULTS/TEENS (Ages 15+)</b> <b>MARTIAL ARTS/SELF-DEFENSE</b>	 <b>MEMBER ASSESSMENTS</b> <b>NO REGULAR CLASS</b> <b>*BY RESERVATION ONLY</b>	
7:30pm	<b>PRIVATE/GROUP TRAINING</b>	 <b>ADULTS/TEENS (15+)</b> <b>LIGHTSABER COMBAT</b>	<b>PRIVATE/GROUP TRAINING</b>	 <b>ADULTS/TEENS (15+)</b> <b>LIGHTSABER COMBAT</b>	