

# Evolutionary Martial Arts

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 www.njfight.net

Children's Class Schedule \*effective 1/1/20- subject to change

MON	TUES	WED	THURS	FRI	SAT
<i>Private Lessons Available daily By appointment</i>	4:00-4:30pm Little Ninjas 3-4 yo All Levels	<i>Private Lessons Available daily By appointment</i>	4:00-4:30pm Little Ninjas 3-4 yo All Levels	<i>Private Lessons Available daily By appointment</i>	9:45-10:15am Little Ninjas 3-4 yo All Levels
4:30-5:00pm Little Ninjas 3-4 yo <b>*Advanced-Camo/Yellow Belts ONLY</b>	4:30-5:00pm Junior Dragons 5-7 yo Level 1	4:30-5:00pm Little Ninjas 3-4 yo All Levels	4:30-5:00pm Junior Dragons 5-7 yo Level 1		*10:30-11:00 Junior Dragons 5-7 yo All Levels
5:00-5:45pm Juniors 8-12 yo Boxing/Kickboxing Level 1	5:00-5:45pm Junior Dragons 5-7 yo Boxing/Kickboxing <b>Level 2/Advanced</b>	5:00-5:30pm Junior Dragons 5-7 yo Level 1	5:00-5:45pm Juniors 8-12 yo Grappling Level 1	* 5:00-5:30pm Junior Dragons 5-7 yo All Levels <i>Alternating weekly Grappling/Kickboxing</i>	<b>*Please Note*</b> <i>Attending Two classes per week is optimal for curriculum retention &amp; rank advancement</i>
5:30-6:30pm Juniors 8-12 yo Boxing/kickboxing <b>Level 2/Advanced</b>	<i>Private Lessons Available daily By appointment</i>	5:30-6:30 pm Juniors 8-12 yo Grappling <b>Level 2/Advanced</b>	5:45-6:30pm Junior Dragons 5-7 yo Grappling <b>Level 2/Advanced</b>	*5:30-6:15pm Juniors 8-12yo All Levels <i>Alternating weekly Grappling/Kickboxing</i>	Ask about our <b>AWESOME Birthday Parties!</b>

**\*Adult/Teen Schedule Effective 1/1/20\* subject to change**

MON	TUES	WED	THURS	FRI	SAT
<i>Private Lessons Available daily By appointment</i>	<i>Private Lessons Available daily By appointment</i>	<i>Private Lessons Available daily By appointment</i>	<i>Private Lessons Available daily By appointment</i>	<i>Private Lessons Available daily By appointment</i>	<i>Private Lessons Available daily By appointment</i>
6:30-7:30 PM Adult <b>RAW Silat</b> <b>*Upstairs</b>	5:30-6:30 PM TEEN Martial Arts Boxing/Kickboxing & Self Defense		6:30-7:30 PM Adult <b>RAW Silat</b> <b>*Upstairs</b>		11:00-12:00pm Adult/Teen Muay Thai Kickboxing- All Levels
6:30-7:30PM Adult/Teen Muay Thai Kickboxing & Boxing All Levels	6:30-7:30PM WOMEN's FITNESS KICKBOXING <b>*Fitness Class</b>	7:30-8:45 PM Adult/Teen <b>Brazilian Jiu Jitsu</b> All Levels	6:30-7:30 PM TEEN Martial Arts Grappling & Ground Self Defense	6:30-7:30PM WOMEN'S FITNESS KICKBOXING <b>*Fitness Class</b>	*12:00pm-1:00pm Adult/Teen Brazilian Jiu Jitsu- Gi & No Gi All Levels
7:30-8:45 PM Adult/Teen <b>Brazilian Jiu Jitsu</b> All Levels	7:30-8:30 PM Adult/Teen <b>Brazilian Jiu Jitsu</b> All Levels	*7:30-8:30 PM Adult/Teen Muay Thai Kickboxing/Boxing All Levels <b>8:30-9:30 PM</b> <b>Filipino Martial Arts</b> Every other week	7:30-8:30 PM Adult Muay Thai & Boxing Level 2/Advanced Only	7:30-8:30 PM WOMEN's Brazilian Jiu Jitsu All Levels <b>*NEW CLASS</b>	Scheduled <b>Birthday Parties</b> Seminars , Testing & Competition Team Training