

Integrated Martial Arts & Fitness

Class Schedule

Effective September 6, 2011
www.imafit.com 973 422-1500

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						Kids Karate (7 & up)
9:45 AM						Doce Pares
11:0AM						Adult (stickfighting)
3:15 PM		Tiger Cubs (3 &	Tiger Cubs (3 &	Tiger Cubs (3 & 1/2 -		
4:00 PM	Little Ninjas- Beg (white & white/yellow)(5/6	Little Ninjas- Beginner (yellow & up) (5/6 yr old)	Childrens Karate (7-9 yr old)	Little Ninjas- Beginner (all levels)(5/6 yr old)		
4:45 PM	Children Karate (7-9 yr old)		Brazilian Jiu Jitsu Competition Team	Childrens Karate (7-9 yr old)		
5:00 PM		Childrens Karate				
5:30 PM	Black Belt Club (7 and up) 1/2 hr			Black Belt Club (7 and up) 1/2 hr		
5:45 PM		Junior Karate (10 and up)	Junior Karate (10 and up)			
6:00 PM	Junior Karate (10 and up)			Junior Karate (10 and up)		
6:30 PM		Doce Pares	JKD -kickboxing			
6:45PM	BJJ Gi Adult/Teens			BJJ Gi - Adult/Teens		
7:30PM			JKD attributes			
7:45PM	JKD kickboxing	IMAF Core (submission grappling)		IMAF Core- CQC		