



Integrated Martial Arts & Fitness

Class Schedule - Effective Sept 8th 2009

(973) 422-1500 www.imafit.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						Kids Karate 8 & up (all levels)
9:45 AM						Doce Pares (Teens/adults)
11:00AM						Adult - BJJ/MMA - No
1:00 PM			Tiger Tots			
2:30 PM				Tiger Tots		
3:00 PM		Tiger Tots				
3:15 PM	Tiger Tots		Tiger Tots			
4:00 PM	Kids Karate 8-up (white - Purple)	Little Ninja - 5-7 (white/yellow)	Kids Karate (ages 8-10 all belts)	Little Ninja - 5-7 (all levels)	Kids Karate (8 yrs and up Class does not start un-	
4:45 PM	BJJ Class - Gi	Little Ninja -5-7 (Orange & up)	BJJ Class - Gi	Kids Karate - 8 yrs and		
5:30 PM		Kids Karate 8		Kids/ Karate		
5:45 PM	Kids/ Karate (Advanced Belt - Red)		Kids/ Karate (11 and up all belts)			
6:15 PM		Doce Pares - Adult/Teen		BJJ Gi - Adult/Teens		
6:30 PM	BJJ Gi - Adult/Teens		JKD Kickboxing - sparring			
7:15PM		Doce Pares Ad- vanced				
7:30 PM	JKD Kickboxing - (Adults/Teens)		JKD Level 1 (skills and drills)	Doce Pares/ Stickfighting Adult/ Teens		