



Integrated Martial Arts & Fitness
87 Dorsa Ave - Livingston, NJ
973 422-1500 www.imafit.com

Summer Schedule 2010 - Effective June 28th 2010

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
9:00 AM						Kids MA-(all ages)
9:45 AM						Doce Pares (Adults & Teens)
11:00AM						BJJ - no Gi
4:00 PM					No classes	
4:30 PM	Competition Class - BJJ Gi	Jr. Karate 8 & up	Competition Class - BJJ Gi	Jr. Karate 8 & up		
5:30 PM	Jr. Karate 8 & up	Kids Zone - 5-7	Jr. Karate 8 & up	Kids Zone - 5-7		
6:15 PM				BJJ - Gi		
6:30 PM	BJJ - Gi	Doce Pares-curriculum	JKD - sparring			
7:15 PM		Doce Pares - advanced				
7:30 PM	Jeet Kune Do		JKD Skills/Drills	Fight night - Open Mat		

Jeet Kune Do - Filipino Martial Arts - Brazilian Jiu Jitsu - Mixed Martial Arts
Adults - children - private training - weight loss programs