

IMAF Class Schedule

www.imafit.com

(973) 422-1500

Effective January 31, 2008



<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
8:30AM		X-treme Fitness	Functionally Fit	X-treme Fitness		
9:00 AM						Kids/Jr Karate (all ages) X-treme Fitness
9:45 AM						Doce Pares - Advanced (Level 4 to Black Belt)
10:30AM 11:30 AM						Doce Pares - TeenAdult - BJJ - Gi s/adults
3:00 PM	Tiger Cubs		Tiger Cubs			
4:00 PM	Kids Karate 8- 12 (all levels)	Little Ninja - 5-7	Kids/Jr Karate (Black&Black Red belts	Little Ninja - 5-7	Kids/Jr. Karate- (all levels)	
4:45 PM	Travl Comp- Team BJJ- Gi	Kids Karate 8 & up (White through Purple)	Travl CompTeam BJJ- Gi	Kids Karate 8 & up (White through Purple)		
5:30 PM		KidsKarate 8& up IMAF Elite (Red - Black)		KidsKarate 8& up IMAF Elite		
5:45 PM	Kids/Jr Karate (Black /Black/Red belts		Kids Karate 8-12 (All Levels)			
6:15 PM		Doce Pares - Adult/Teen		BJJ - Gi - Adult (BB Andre Soares - Instructor)		
6:30 PM	BJJ No Gi		MuayThai			
7:15PM		MMA (Adults) Intermediate				
7:30 PM	MuayThai		JKD L-1	Stickfighting		