



IRON FIST MARTIAL ARTS ACADEMY





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	MON	TUE	WED	THU	SAT
9:00a					IRON BODY /// KICKBOXING
10:00a					(Ages 6+) MARTIAL ARTS
3:30p	(Ages 4 - 7) MARTIAL ARTS	(Ages 4 - 7) MARTIAL ARTS	(Ages 4 - 7) MARTIAL ARTS	(Ages 4 - 7) MARTIAL ARTS	
4:15p	(Ages 6½ - 17) MARTIAL ARTS	(Ages 6½ - 17) MARTIAL ARTS	(Ages 6½ - 17) MARTIAL ARTS	(Ages 6½ - 17) MARTIAL ARTS	
5:15p	(Ages 6½ - 17) MARTIAL ARTS	 LIGHT FORCE ACADEMY (Ages 6½ - 14)	(Ages 6½ - 17) MARTIAL ARTS	 LIGHT FORCE ACADEMY (Ages 6½ - 14)	
6:00p	ADVANCED MARTIAL ARTS & MARTIAL ARTS	(Ages 6½ - 17) MARTIAL ARTS	ADVANCED MARTIAL ARTS & TOTAL COMBAT™	(Ages 6½ - 17) MARTIAL ARTS	
6:45p	IRON BODY /// KICKBOXING	IRON BODY /// KICKBOXING	IRON BODY /// KICKBOXING	IRON BODY /// KICKBOXING	
7:30p		 LIGHT FORCE ACADEMY ADULTS (14+)		 LIGHT FORCE ACADEMY ADULTS (14+)	