

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Fight Club
2 Groundhog Day	3 Stripe Week	4 Stripe Week	5 Stripe Week	6 Stripe Week	7 Stripe Week	8
9	10	11	12	13	14 Valentines Day	15 Fight Club Ninja Night
16	17 Presidents Day	18	19	20	21	22 Women's Self Defense
23	24	25	26	27	28	1

Stripe Week

Regular Class Schedule

Fitness Test

Fitness testing is a way to monitor and assess students fitness, strength and flexibility level. It's also a great way to teach students how to set goals.

Ninja Night

February 15th (6pm - 10pm)

Bring your nerf guns in for battles and target practice.
(Pizza and drinks will be provided for dinner.)
\$40 per child

FREE Training For MOM!

Women Train Free In February

This promotion is for EMA family members only. For the month of February all ladies 13 and up are welcome to join in on our Karate program absolutely FREE!

Womens Self Defense

February 22nd 10:15am-11:30am
@ Littleton EMA

Ladies are welcome to come and sweat and learn. This will be an awesome combination class of cardio kickboxing and self defense.

Open to ALL women age 13+. Sign up at front desk.

EMA Fundraiser

Show your support by buying a Pink Karate belt and wearing it to classes all month long.

Cost: \$10

*Proceeds will go to the improvement of the Martial Art School