

January 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------|------------------------|------------------------|---------------------------------------|------------------------|----------------------|
| | | | | 1 New Year's Day No Classes | 2 No Classes | 3 |
| 4 | 5 Orientation | 6 | 7 | 8 | 9 | 10 Fight Club |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 MLK Day | 20 | 21 | 22 | 23 | 24 Fight Club |
| 25 | 26 Minute to Win it | 27 Minute to Win it | 28 Minute to Win it | 29 Minute to Win it | 30 Minute to Win it | 31 |

Orientation

Monday, January 5th

All students advancing to new levels, please attend orientation. We will be going over new class requirements.

5:00pm – New Orange Belts

6:30pm – New Purple Belts

7:15pm – New Red Belts

Minute to WIN it Week

Minute to Win it Games!!

Monday, 26th:
Balloon Cup Stack

Tuesday, 27th:
Rock, Paper, Scissors

Wednesday & Thursday, 28 & 29th:
Head, Shoulders, Knees, Cups

Friday, 30th:
Box March

EMA Fight Club

January 10th & 24th

Nervous about sparring? It's okay, you're not alone. Our fight club is built for those who are a bit nervous to get the pads on. Our team of black belts do a great job of helping students understand the ins and outs of our sparring system and make sure to ease students into the beginning steps to self defense.

All students are welcome to participate, but you must have a complete set of sparring gear.

EMA Hoodies

We will be placing an order for EMA hoodies this month! Order sheets will be at the front counter. **Last date to place an order will be January 31st.**