

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30 Movie Night	31	1 Class at the Park	2
3	4 Stripe Week	5 Stripe Week	6 Stripe Week	7	8	9
10	11	12	13	14	15	16 Fight Club
17	18	19	20	21	22	23 Tournament
24 31	25 Trophy Day	26 Band T Shirt	27 Class at the Park	28 Super Heros T Shirt Day	29 No Classes	30 Fight Club No Classes

Class at the Park

Friday August 1st & 27th

Addenbrook Park
600 South Kipling Parkway

Dragons/ Basic:
5:00pm - 5:30pm

Level 1/ Level 2:
5:30pm - 6:15pm

Fight Club

August 16th and 30th

Open to all level students. Must have a complete set of sparring gear

Stripe Week

August 4th, 5th, 6th

During regular class times. All Students are required to attend once to do their first fitness test as well as earn their first BLACK stripe on their belt.

Tournament Spirit Week

We will have special classes all week long to celebrate the hard work and payoff from our tournament!

Monday 8/25 - Trophy Day

Bring your tournament trophy to class and show off your accomplishments.

Tuesday 8/26 - Band T shirt

Wear your favorite band shirt to class

Wednesday 8/27 - Park Night

We'll be having class at the park.

Wear EMA shirt and belt to class

5:00pm - Lil' Dragons / Basic

5:30pm - Level 1 / 2

Thursday 8/28 - Super Hero T-Shirt Night

Wear your favorite Super Hero T shirt to class

In-House Tournament

August 23rd

Level 3

9:00am - 10:00am

Black Belt/ Conditional

10:15am - 11:15am

Basic

12:00pm - 1:00pm

Level 1

1:15pm - 2:15pm

Level 2

2:30pm - 3:30pm

Sign up at

www.exclusivemartialarts.net