

January 2025

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

Orientation

Monday, January 6th

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

Buddy Days

Monday, 27th - Wednesday, 29th

Invite your friends to join you in class for the week.

EMA Fight Club

January 11th & 25th @ 8:30am

Nervous about sparring? It's ok, 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 Fundraiser

January 20th and 21st

Help us make 2025 our best year!

We'll be kicking off our year with an EMA fundraiser. The funds will aid us in upgrading our facilities, getting new equipment and other pertinent expenses.

Special Guest Speaker:
Mary Cryan

Stripe Testing

**Monday, February 3rd -
Wednesday, February 5th**

Regular classes all week. Come in Monday, Tuesday, or Wednesday to do your fitness test and curriculum check to earn your first