

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.**