

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 New Years Eve	1 New Years Day	2	3 Back In Session	4	5	6
7	8 Crazy Hair Day	9 Dodgeball Day	10 Pajama Day	11 Yahtzee Day	12 Jersey Day	13 FIGHT CLUB
14	15 MLK Day	16	17	18	19	20
21	22 Buddy Day	23 Buddy Day	24 Buddy Day	25	26	27 FIGHT CLUB
28	29	30	31	1	2	3

Ms Young's B Day Week

Monday 8th - Crazy Hair Day
Style the most crazy, out of this world hair style!

Tuesday 9th - Dodgeball Day
Have some fun at the end of classes with dodgeball!

Wednesday 10th - Pajama Day
Wear your pajamas to class

Thursday 11th - Yahtzee
Have some fun playing Ms. Young's favorite warm up game!

Friday 12th - Jersey Day
Wear your favorite team jersey

EMA Schedule

New schedule starts January 3rd.

Buddy Days

Invite your friends to join you in classes for the week. We'll be doing fun Minute To Win It challenges.

Monday 22nd - Chop Flop

Tuesday 23rd - Balloon Cup Stack

Wednesday 24th - Musical Pads

EMA Hoodies

We are doing a second run of EMA hoodies this month. If you missed out on the last hoodie, make sure to get your order in before January 24th.

Kickboxing

EMA Family Members Only:

Sign up today for \$25

Free Boxing Gloves
Unlimited Classes

EMA Fight Club

Saturday, January 13th and 27th at 8:30am

A confidence building class for all students that are intimidated with sparring.