

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31 New Years Eve	1 New Years Day
2	3 Back In Session	4	5	6	7	8
9	10	11	12	13	14	15 Women's Sparring Clinic
16	17 MLK Day Buddy Week	18 Buddy Week	19 Buddy Week	20 Buddy Week	21	22
23 30	24 31	25	26	27	28	29 Women's Sparring Clinic

Buddy Week

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

Monday - Chop Flop

Tuesday - Balloon Cup Stack

Wednesday - Log Race

Thursday - Musical Pads

EMA Hoodies

We have a limited supply of zip hoodies available. See us at the front counter to get your EMA gear.

Women's Sparring Clinic

Saturday, Jan 15th and 29th @ 8:30AM

Open to all ladies that would like to get some extra training. Full sparring gear needed

Kickboxing

Sign up today for \$25

Free Boxing Gloves
Unlimited Classes

Kickboxing Schedule:

Monday

5:15am 9:15am
4:30pm 5:30pm

Wednesday

5:15am 9:15am
4:30pm 5:30pm

Friday

5:15am 9:15am
4:30pm 5:30pm

Saturday

8:00am 8:30am