

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Women's Sparring Clinic
2	3	4	5 Cinco De Mayo	6	7	8
9 Mothers Day	10 Parent's Train Free	11 Parent's Train Free	12 Parent's Train Free	13	14 EMA at the Park	15 Women's Self Defense
16	17	18	19	20	21	22 Women's Sparring Clinic
23 30	24 Memorial Day 31	25 Progress Check	26 Progress Check	27 Progress Check	28 Progress Check	29

PROGRESS CHECK

MAY 25th - 28th

Monday

Review Day (Regular Class Times)

Tuesday

4:45pm - 5:45pm Level 1

6:00pm - 7:00pm Level 2

7:15pm - 8:15pm Level 3

Wednesday

4:45pm - 5:45pm Little Dragons

6:00pm - 7:00pm Basic

7:15pm - 8:00pm Black Belt

7:15pm - 8:00pm Prep/ Conditional

Thursday

4:45pm - 5:45pm Level 2

6:00pm - 7:00pm Level 1

7:15pm - 8:15pm Level 3

Friday

4:45pm - 5:45pm Little Dragons

6:00pm - 7:00pm Basic

7:15pm - 8:00pm Black Belt

7:15pm - 8:00pm Prep/ Conditional

Saturday

(Regular Class Times)

NO CLASSES

May 31st - Memorial Day

WOMEN'S SPARRING CLINIC

May 1st and 22nd

Floor 1 at 8:30am

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

WOMEN'S SELF DEFENSE

May 15th 10:00am-11:30am

Floor 2

Ladies are welcome to come and sweat and learn. This will be an awesome combination class of cardio kickboxing and self defense.

Open to ALL women age 13+. Sign up at front desk.

PARENT'S TRAIN FREE

We are inviting all EMA parents to join their child in classes. We'll be doing some bag work and working on our self defense curriculum.

EMA AT THE PARK

Friday, May 14th

Governors Ranch Elementary

Dragons/ Basic:

5:00pm-5:30pm

Level 1/ Level 2/ Level 3/ BB:

5:45pm - 6:30pm