

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Regular Classes	5 Progress Check	6 Progress Check	7 Progress Check	8	9 Women's Sparring
10	11	12	13	14	15	16
17	18	19	20	21	22	23 Women's Sparring
24	25 Jersey Day	26 Game Day	27 Ninja Camp No Classes	28 Thanksgiving No Classes	29 No Classes	30 No Classes

Progress Check - November 5th - 7th

Ninja Camp - November 27th 9am - 3pm

Monday, 4th

Review Day (Regular Class Schedule)

We will watch your kids from 9 - 3 while you get your holiday shopping done!

Cost: \$50 per student

Tuesday, 5th

4:30 - Open Mat

5pm - Basic

6pm - Level 1

7pm - Level 2

*Nerf Battles

*2 Karate Classes

*1 Private Lesson

*Karate Movie

Wednesday, 6th

4:30 - Open Mat

5pm - Level 2

6pm - Level 1

7Pm - Basic

EMA Fitness Division - Fit Family Program

If you're looking to increase strength, confidence, coordination, or just want a killer cardio workout, kickboxing classes will help you hit your goal.

Thursday, 7th

4:30pm - Lil' Dragons

5:30pm - Level 3

6:30pm - Black Belt

*\$25 gets you started

(FREE gloves included)

*\$50 monthly for existing EMA family members
(\$75 Discount)

NO CLASSES November 27th-30th

