

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Testing	2 Testing	3 Orientation	4 Graduation	5
6	7	8	9	10	11	12 Women's Sparring
13	14	15	16	17	18	19 CMAA Tournament
20	21 Connect 4 Night	22 Neon Night	23 Jersey Night	24 Pajama Night	25 Super Hero T-Shirt Night	26 Women's Sparring Halloween Party
27	28	29	30	31 Halloween No Classes	1	2

Testing Schedule

Saturday - 28th
10:00am - Black Belt Training
12:00pm - Level 3 belt testing

Monday - 30th
4:30pm - Little Dragons
5:30pm - Basic
6:30pm - Level 1
7:30pm - Level 2

Tuesday - 1st
4:30pm - Open Mat
5:00pm - Level 2
6:00pm - Level 1
7:00pm - Basic
8:00pm - BB Class

Wednesday - 2nd
4:30pm - Make Up Testing
5:30pm - L1 Weapons
6:30pm - L2 Weapons
7:00pm - L3 Weapons

Orientation Day- Thursday, October 3rd

If you are brand new to level 1, 2 or 3, please make sure to attend your orientation class. All information about what is needed and expected will be given to you during that class.

L1 - 5:00pm L2 - 6:00pm L3 - 6:30pm

GRADUATION - Friday, October 4th
5:00pm - Dragons
6:00pm - Basic
7:30pm - Level 1 & Level 2

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.

*\$25 get you started
(FREE gloves included)

***First Month Free!**

Mr. C's Birthday Week

Monday 21st - Connect 4 Night
Tuesday 22nd - Neon Night
Wednesday 23rd - Jersey Night
Thursday 24th - Pajama Night
Friday 25th - Super Hero T-Shirt Night

Halloween Party: Pot Luck & Costume Party - Saturday 26th
You're all invited to celebrate Halloween with EMA!! Be sure to dress up in your best halloween costume!! Pot luck event, so bring your favorite dish to share.

CMAA Tournament
Saturday, October 19th
Ralston Valley High School
13355 W 80th Ave, 80005

