

FAIR HAVEN MARTIAL ARTS

20 Cedar Ave Fair Haven, NJ 732-933-1700

www.fairhavenmartialarts.com

Monday through Friday Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15-10:55		Adult Only Karate 9:00-10:15		Ages 2-3 Karate Fun	Adult Only Karate 9-10:15
11:15-11:55	Women only Jiu Jitsu 12:50-1:30		Ages 2-3 Karate Fun	Ages 4-6 Karate (11:00-11:40)	Cardio Kickboxing 8:00-9:00
12:50-1:30	Ages 2-3 Karate Fun		Women only Jiu Jitsu		
1:30-2:10	Ages 4-6 Karate				Adult BJJ (1:00-2:00)
3:00-3:40		Ages 4-6 Karate	Ages 4-6 Karate		Ages 2-3 Karate Fun
3:45-4:25	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate
3:45-4:25				Ages 4-7 Jiu Jitsu	
3:45-4:40	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate
4:45-5:25	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate
4:45-5:40	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate Sparring	Ages 7-12 Karate Sparring
4:45-5:25		Ages 2-3 Jiu Jitsu Fun			Ages 2-3 Jui Jitsu Fun
5:45- 6:25	Ages 4-12 Jiu Jitsu	Ages 4-12 Jiu Jitsu	Ages 4-12 Jiu Jitsu	Ages 4-12 Jiu Jitsu	
5:45-6:25	Ages 4-6 Karate		Ages 4-6 Karate		
5:45-6:40	Ages 13-Adult Karate	Ages 10-16 Karate	Ages 13-Adult Karate	Ages 10-16 Karate	Ages 10-16 Karate
6:25-7:00	Ages 10-13 Jiu Jitsu	Ages 10-13 Jiu Jitsu spar	Ages 10-13 Jiu Jitsu	Ages 10-13 Jiu Jitsu spar	
7:00-8:00	Ages 13- Adult JiuJitsu	Ages 13- Adult JiuJitsu	Ages 13- Adult JiuJitsu	Ages 13- Adult JiuJitsu	
6:45-7:45	& Cardio Kickboxing	& Yoga 7:15	& Cardio Kickboxing	& Yoga 7: 15	

Saturday and Sunday Schedule

9:00- 9:40	Ages 2-3 Karate Fun & Ages 4-6 Karate
9:45- 10:40	Ages 7-12 Karate
10:45- 11:45	Ages 13-Adult Karate
12:30- 2:00	Karate Birthday Parties
11:00- 12:30	Elite Team
Sunday Schedule	
1:00- 2:15 & 2:15- 3:00	13- Adult Jiu Jitsu & Parent/ Child Jiu Jitsu