

FAIR HAVEN MARTIAL ARTS

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

www.fairhavenmartialarts.com

Summer Hours June 23-September 2, 2025

Flexible schedule; come to any age-appropriate class

Monday through Friday Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00					Cardio Kickboxing
9:00-10:15		Adult Only Karate			Adult Only Karate
9:45-10:25	Ages 2-3 Karate Fun		Ages 4-6 Karate	Ages 2-3 Karate Fun	
9:45-10:25	Ages 4-6 Karate		Ages 7-12 Karate 9:45-10:40	Ages 4-6 Karate	
10:30-11:25	Ages 7-12 Karate		Ages 10-16 Karate		
1:00-2:00					Adult Jiu Jitsu
4:45-5:25	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	
4:45-5:25		Ages 2-3 Jiu Jitsu		Ages 2-3 Jiu Jitsu	
5:45-6:25	Ages 4-10 Jiu Jitsu	Ages 4-10 Jiu Jitsu	Ages 4-10 Jiu Jitsu	Ages 4-10 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	
6:25-7:00	Ages 10-13 Jiu Jitsu		Ages 10-13 Jiu Jitsu		
7:00-8:30	Ages 13-Adult Jiu Jitsu	Ages 13-Adult Jiu Jitsu	Ages 13-Adult Jiu Jitsu	Ages 13-Adult Jiu Jitsu	
6:45-7:45	Cardio kickboxing	Yoga 7:15-8:15	Cardio kickboxing		

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
Sunday Schedule	
1:00- 2:15 & 2:15- 3:00	13- Adult Jiu Jitsu & Parent/Child Jiu Jitsu