

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
9:15-10:00			Cardio Kickboxing	Yin Yang Workout Class	
10:05-10:45			Ages 4-6 Karate	Ages 4-6 Karate	
10:45-11:25			Ages 2-3 Karate Fun	Ages 2-3 Karate Fun	
12:00 - 1:30					Adult BJJ
12:50-1:30	Ages 2-3 Karate Fun				
1:30-2:10	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate		
3:30-4:10	4-6 Karate Karate	Ages 4-6 Karate	4-6 Karate & 2-3 BJJ Fun	Ages 4-6 Karate	Ages 4-6 Karate
4:10-4:50	Ages 4-6 Karate	Ages 4-11 Jiu Jitsu	Ages 4-6 Karate	4-11 Boys Jiu Jitsu	Ages 4-6 Karate
4:10-5:05	Ages 2-3 Jiu Jitsu Fun (4:10-4:50)	Ages 7-12 Advanced Karate	Ages 4-11 Jiu Jitsu (4:10-4:50)	Ages 7-12 Advanced Sparring	Ages 2-3 Karate Fun (4:10-4:50)
4:50-5:45	Ages 7-12 Karate		7-12 Karate Sparring		Ages 7-12 Sparring
5:05-5:45	Girls Jiu Jitsu	Ages 4-6 Karate	Girls Jiu Jitsu	Ages 4-6 Karate	Ages 8-12 Elite Team (4:50-6:20)
5:45-6:25		Ages 4-6 Karate		Ages 4-6 Karate	
5:45-6:40	Ages 7-12 Karate	Ages 7-12 Karate	Ages 10-16 Karate	Ages 7-12 Karate / Sparring	Ages 10-16 Sparring
6:25-7:05	Ages 6-11 Jiu Jitsu	Ages 6-11 Jiu Jitsu	Ages 6-11 Jiu Jitsu	Ages 6-11 Jiu Jitsu	
6:40-7:35	Ages 13-Adult Karate (6:40-7:40)	Ages 10-16 Karate	Ages 7-12 weapons	Ages 13-Adult Karate (6:40-7:40)	
7:20-8:50	Ages 13- Adult JiuJitsu	Ages 13-Adult Jiu Jitsu	Adult Jiu Jitsu Open Mat	Ages 13-Adult JiuJitsu	Ages 13-Adult Elite Team (6:20-7:50)

Saturday and Sunday Schedule

9:00- 10:30	Ages 13-Adult Elite Team
12:10- 12:50	Ages 4-6 Karate
12:50- 1:30	Ages 2-3 Karate Fun & Ages 4-6 Karate
1:30- 2:25 & 2:25- 3:20	Ages 7-12 Karate & Sparring
3:20- 4:20 & 3:20- 4:50	Ages 13-Adult Karate & Ages 8-12 Elite Team
Sunday Schedule	
Brazilian Jiu Jitsu	10:45- 12:15 Adult & 12:15-12:55 Parent & Child
Elite Team	1:00- 2:30 Ages 8-12 & 2:30-4:00 Ages 13- Adult