

# FAIR HAVEN MARTIAL ARTS

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

[www.fairhavenmartialarts.com](http://www.fairhavenmartialarts.com)

## Monday through Friday Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:15-10:55</b>		Adult Only Karate 9:00-10:30		Ages 2-3 Karate Fun	Adult Only Karate 9-10:30
<b>11:15-11:55</b>			Ages 2-3 Karate Fun	Ages 4-6 Karate (11:00-11:40)	
<b>12:50-1:30</b>	Ages 2-3 Karate Fun				
<b>1:30-2:10</b>	Ages 4-6 Karate				Adult <b>BJJ</b> (1:00-2:00)
<b>3:00-3:40</b>		Ages 4-6 Karate	Ages 4-6 Karate		Ages 4-6 Karate
<b>3:45-4:25</b>	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate
<b>3:45-4:25</b>				Ages 4-12 <b>Jiu Jitsu</b>	
<b>3:45-4:40</b>	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate
<b>4:45-5:25</b>	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate
<b>4:45-5:40</b>	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate	Ages 7-12 Karate Sparring	Ages 7-12 Karate Sparring
<b>4:45-5:25</b>		Ages 2-3 Jiu Jitsu Fun			
<b>5:45- 6:25</b>	Ages 4-12 <b>Jiu Jitsu</b>	Ages 4-12 <b>Jiu Jitsu</b>	Ages 4-12 <b>Jiu Jitsu</b>	Ages 4-12 <b>Jiu Jitsu</b>	
<b>5:45-6:25</b>	Ages 4-6 Karate		Ages 4-6 Karate		
<b>5:45-6:40</b>	Ages 13-Adult Karate	Ages 10-16 Karate	Ages 13-Adult Karate	Ages 10-16 Karate	Ages 10-16 Karate
<b>6:25-7:00</b>	Ages 10-13 <b>Jiu Jitsu</b>		Ages 10-13 <b>Jiu Jitsu</b>	Parent/Child <b>Jiu Jitsu</b>	
<b>7:00-8:00</b>	Ages 13- Adult <b>JiuJitsu</b>	Ages 13- Adult <b>JiuJitsu</b>	Ages 13- Adult <b>JiuJitsu</b>	Ages 13- Adult <b>JiuJitsu</b>	

## 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
<b>Sunday Schedule</b>	
9:00- 10:30	Adult Only Karate
9:00- 10:30	<b>Elite Team</b>
1:00- 2:15 & 2:15- 3:00	13- Adult <b>Jiu Jitsu</b> & Parent/ Child <b>Jiu Jitsu</b>