

# FAIR HAVEN MARTIAL ARTS

20 Cedar Ave Fair Haven, NJ 07704 732-933-1700

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

## Summer Hours June 19 – September 2, 2019

**Flexible schedule; come to any age appropriate class**

Monday through Friday Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:40-9:40 am</b>	<b>Yin/Yang Workout class</b>		<b>Cardio Kickboxing</b>	<b>Yin/Yang Workout class</b>	
<b>9:40-10:20 am</b>	Ages 4-6 <u>Karate</u> Ages 2-3 Karate	<b>Bootcamp Workout class</b> (9:40-10:40)	Ages 4-6 <u>Karate</u> Ages 2-3 Karate	Ages 4-6 Karate	<b>Bootcamp Workout</b> (9:40-10:40)
<b>10:20-11:15 am</b>	Ages 7-12 Karate		Ages 7-12 Karate <b>weapons</b>	Age 7-12 Karate <b>sparring</b>	
<b>11:15-12:45 pm</b>	Ages 8-12 Elite Team		Ages 8-12 Elite Team	Adult <b>BJJ</b>	
<b>12:45-2:15 pm</b>	Ages 13-Adult Elite Team		Ages 13-Adult Elite Team		
<b>4:45-5:25 pm</b>	Ages 4-6 <u>Karate</u> Ages 2-3 Karate Fun	Ages 7-12 <u>Karate (4:30)</u> Ages 4-6 <b>(4:45)</b> Karate		Ages 7-12 <u>Karate (4:30)</u> Ages 4-6 <b>(4:45)</b> Karate	Ages 8-12 Elite Team (4:00-5:30)
<b>5:25-6:05 pm</b>	Ages 7-12 Karate <b>Sparring</b> (5:25-6:20)	<u>Ages 4-6 Karate</u> Ages 2-3 Karate	<u>Ages 4-6 Karate</u> Ages 7-12 Karate(5:25-6:20)	Ages 10-16 5:25-6:20 <u>Karate Sparring</u> Ages 2-3 Karate	Ages 13-Adult Elite Team (5:30-7:00)
<b>6:20-7:20 pm</b>	Ages 13-Adult <u>Karate</u> Ages 4-11 <b>BJJ</b>	Ages 10-16 <u>Karate</u> Ages 4-11 <b>BJJ</b>	Ages 4-11 <b>BJJ</b>	Ages 13-Adult <u>Karate</u> Ages 4-11 <b>BJJ</b>	
<b>7:20-8:50 pm</b>	Adult <b>Brazilian Jiu itsu</b>	Adult <b>Brazilian Jiu Jitsu</b>	Adult <b>No-Gi Jiu Jitsu</b>	Adult <b>Brazilian Jiu Jitsu</b>	

### Saturday Schedule

<b>9:00-9:40 am</b>	Ages 2-3 Karate Fun & Ages 4-6 Karate
<b>9:40-10:35 am</b>	Ages 7-12 Karate
<b>10:35-11:35 am</b>	Ages 13-Adult Karate
<b>11:45- 1:15 pm</b>	Karate Birthday Parties

### Sunday Schedule

<b>10:30 am- 12:00 pm</b>	Adult <b>Brazilian Jiu Jitsu</b>
<b>12:00 pm- 12:40 pm</b>	Parent and Child <b>Brazilian Jiu Jitsu</b>