

# FAIR HAVEN MARTIAL ARTS

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

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

## Summer Hours June 17-September 2, 2024

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

### Monday through Friday Schedule

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