



THIS WEEK AT FASTKIX

**November 29, 2025 to
December 6 , 2025**

**REGULAR SCHEDULE
all week!**

**New schedules
start December 1st!**



IMPORTANT DATES

Monday, December 1 - NEW SCHEDULES START

Friday, December 5 - PARENTS NIGHT OUT!

6-9 pm in Spotswood

Saturday, December 6

INSTRUCTOR CLASS AND TRYOUTS

11:15 am to 1:00 pm

Wednesday, December 24 through Thursday, January 1

Closed for Winter Break

Friday, January 16 - Matawan Color Belt Test

Saturday, January 17 - Spotswood Color Belt Test





FOCUS SCHEDULE

Monday - Thursday

Kicks & Breaking

White Stripe Testing (Bring your rank sheet with your home practices marked down to get your stripe!)

Friday - PARENTS NIGHT OUT in Spotswood

Matawan - Kicks & Breaking

Saturday - Kicks & Breaking



DECEMBER 2025 FOCUS SCHEDULE



	Mon 12/1	Tues 12/2	Wed 12/3	Thurs 12/4	Fri 12/5	Sat 12/6
White Stripe Testing	Kicks / Breaking	Kicks / Breaking	Kicks / Breaking	Kicks / Breaking	Kicks / Breaking PARENTS NIGHT OUT IN SPOTSWOOD! Matawan regular schedule	Kicks / Breaking
	Mon 12/8	Tues 12/9	Wed 12/10	Thurs 12/11	Fri 12/12	Sat 12/13
Students should have red & white stripes	Forms / Sparring	Forms / Kicks	Forms / Sparring	Forms / Breaking	Forms / Breaking / Sparring	Forms
	Mon 12/15	Tues 12/16	Wed 12/17	Thurs 12/18	Fri 12/19	Sat 12/20
Self Defense / Forms / Breaking	Self Defense / Breaking	Self Defense / Breaking / Forms	Self Defense / Breaking / Sparring	Self Defense / Breaking / Forms	Self Defense / Forms	Self Defense / Breaking
	Mon 12/22	Tues 12/23	Wed 12/24	Thurs 12/25	Fri 12/26	Sat 12/27
Sparring / Winter Break- Happy Holidays!	Sparring / Breaking	Sparring / Breaking	School Closed	School Closed	School Closed	School Closed
	Mon 12/29	Tues 12/30	Wed 12/31	Thurs 1/1	Fri 1/2	Sat 1/3
Welcome back! - Forms/ Self Defense / Breaking	School Closed	School Closed	School Closed	School Closed	Kicks / Breaking / Self Defense	Forms / Kicks / Breaking

Please note: We follow this schedule as much as possible, but there are some days that the student's needs mean we have to focus on another topic. We appreciate your understanding!

BUNDLE #1
UNIFORM \$50 +
PADDLE \$35.99 +
10 BOARDS \$30
REGULAR PRICE
\$115.99
SALE PRICE \$95!

BUNDLE #2
PADDLE \$35.99 +
10 BOARDS \$30
REGULAR PRICE
\$65.99
SALE PRICE \$50!

BLACK *Sale* FRIDAY

NOVEMBER 25-30 ONLY



FASTKIX.COM/PRO-SHOP



WINTER COAT DRIVE

Have your kids outgrown their coats?

Please bring your gently used coats to either location and they will be donated to needy children!



**Accepting up to Size XL
for children in 1st-12th grades**



**DONATIONS ACCEPTED THROUGH
DECEMBER 22nd**



FASTKIX

HAPPY BIRTHDAY!

MELONY S. LINCOLN A.
OWEN P.

LILLY G. KAREN D.

NICK T. YUTI C.

MADELINE D. ALEX A.

NABIL A. MANU R.

ALEXANDRIA M.

JAXON A. TRAVIS J.

PRIT G. PREM G.

GIRL TO GIRL

MONTHLY MENTOR CLASS



LED BY MISS ISABELLA



MATAWAN

MONDAY, DECEMBER 8, 2025

FROM 6:15 PM TO 7:00 PM

SPOTSWOOD

TUESDAY, DECEMBER 9, 2025

FROM 6:15 PM TO 7:00 PM





MATAWAN

NEW SCHEDULE

EFFECTIVE DECEMBER 1ST

Thank you for your incredible support of our school! If anyone has any conflicts with the new schedule, please reach out to us at info@fastkix.com or call/text Master Sue at 732-406-4832.

FASTKIX TAEKWONDO & KICKBOXING CLASS SCHEDULE - MATAWAN						
Effective December 1, 2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI-MASTERS (Ages 3 & 4)		5:15 pm- 5:45 pm		5:15 pm- 5:45 pm	5:15 pm- 5:45 pm	MATAWAN CLOSED ALL SATURDAY CLASSES ARE HELD IN SPOTSWOOD <u>Mini Masters</u> 10:00 am to 10:30 am <u>Taekwondo</u> Family Class 10:30 am to 11:15 am
Childrens' Taekwondo (ages 5-9) White through Sr. Green Belts	5:45 pm- 6:30 pm	5:45 pm- 6:30 pm	5:45 pm- 6:30 pm	5:45 pm- 6:30 pm	5:45 pm- 6:30 pm	
Childrens' Taekwondo (ages 5-9) Blue Belts & Higher	6:30 pm- 7:15 pm	6:30 pm- 7:15 pm	6:30 pm- 7:15 pm	6:30 pm- 7:15 pm	5:45 pm- 6:30 pm	
Teen & Adult (ages 10+) Taekwondo All Ranks	7:15 pm- 8:00 pm	7:15 pm- 8:00 pm	7:15 pm- 8:00 pm	7:15 pm- 8:00 pm	5:45 pm- 6:30 pm	
Cardio Kickboxing	8:00 pm- 8:45 pm	8:00 pm- 8:45 pm	8:00 pm- 8:45 pm	8:00 pm- 8:45 pm		
MORNING Kickboxing is held in Spotswood at 9:00 am Monday through Saturday Strength Training Class is held in Spotswood at 8:30 am to 9:00 am Monday through Saturday						
COMPETITION CLASS (SPOTSWOOD)	4:30 pm- 5:30 pm (Spotswood)		4:30 pm 5:30 pm (Spotswood)			11:15 am 1:15 pm (Spotswood)
74 Freneau Avenue (Route 79), Matawan, NJ 07747 732-254-1214 www.fastkix.com info @fastkix.com Have your child's next birthday party at Fastkix!						



PARENTS NIGHT OUT!

GAMES!
PIZZA!
SNACKS!
VIDEO
GAMES!

OPEN TO STUDENTS & SIBLINGS AGE 4 AND UP
ALL SPOTSWOOD TAEKWONDO CLASSES CANCELLED ON 12/5

»» \$30 PER CHILD ««
(CASH ONLY PLEASE)

FRIDAY, DECEMBER 5, 2025
6:00 PM - 9:00 PM

FASTKIX TAEKWONDO
SPOTSWOOD, NJ



[FASTKIX.COM/EVENTS](https://www.fastkix.com/events)

REGISTER
HERE

ZELLE
PAY
HERE



INSTRUCTOR TRAINING & TRYOUTS

SATURDAY, DECEMBER 6

11:15 AM TO 1:00 PM

IN SPOTSWOOD

ALL INSTRUCTORS

MUST ATTEND!

**New Trainees are welcome
to try out in this class!**

**Age 11 or younger and at least a Senior Brown belt
-OR- age 12 and up and at least a Green belt**





ALL TAEKWONDO STUDENTS (ALL AGES & RANKS) WILL NOW BREAK BOARDS AS PART OF THEIR RANK TESTING!

**NEXT
ORDER
CLOSES 12/15!**



By now you should have received several emails about board breaking. We are so excited to offer this to ALL students and to make the material even more exciting! To get started, please order boards for your child as soon as possible.

Orders for this month will be accepted until November 5th. We will be placing orders monthly, so please get your order in TODAY to ensure your child has plenty of practice boards.

Age 11 and under White through Senior Green Belt break 1 station with 1 board
Age 12 and up White through Senior Green Belt break 1 station with 2 boards
Age 11 and under Blue through Red break 2 stations with 1 board each
Age 12 and up Blue through Red break 2 stations with 2 boards each
All ages Senior Red and up break 2 stations with 2 boards each

ORDER HERE

