

- January 2019 -

Upcoming events

- **Welcome Back !!!!**
(Let's Make 2019 a year to remember !!!!)
- **Tournament Team Training – 1/5, 12 & 26 (2:00- 4:00pm)**
(Practice for all Team C.M.A. members ,Chess & Individual Sparring, Kata Practice)
- **Friday Night Fights!! Every Friday (7:30-8:15pm)**
(Prepare to have fun, sweat and expand your fighting abilities-Follows Friday Adv Class)
- **Arnis Training Class 1/12 & 1/26 (12:00-12:45pm)**
(Learn the art of stick fighting. Have fun and increase your martial arts flow)
- **Saturday Sparring Training Class 1/5 & 1/19**
(Prepare to have fun, sweat and expand your fighting abilities)
- **Degree Black Belt Training Class 1/8 & 1/17 (8:30-9:15pm)**
(Follows Tue/Thur Adult Class. Open to First Degree Black Belts and up)