

FAIR HAVEN MARTIAL ARTS

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

www.fairhavenmartialarts.com

Monday through Friday Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15-10:55		Gentle Yoga 9:00-10:00	Ages 4-6 Karate	Ages 4-6 Karate	
10:55-11:35			Ages 2-3 Karate Fun	Ages 2-3 Karate Fun	
11:10-11:50	Ages 2-3 Karate Fun				
12:50 - 1:30	Ages 2-3 Karate Fun		Ages 2-3 Karate Fun		Ages 7-12 Karate (1:10- 2:05)
1:30-2:10	Ages 4-6 Karate	Ages 4-6 Karate	Ages 4-6 Karate		
2:05-2:45					Ages 4-6 Karate
3:10-3:50	4-6 Karate & 4-9 Jiu Jitsu	Ages 4-6 Karate	4-6 Karate & 4-9 Jiu Jitsu	Ages 4-6 Karate	
3:50-4:30	Ages 4-6 Karate	Ages 4-11 Jiu Jitsu	Ages 4-6 Karate	4-11 Boys Jiu Jitsu	Ages 4-6 Karate
3:50-4:45	Ages 2-3 Jiu Jitsu (3:50-4:30)	Ages 7-12 Advanced Karate		Ages 7-12 Advanced Sparring	Ages 2-3 Karate Fun (3:50- 4:30)
4:30-5:25	Ages 7-12 Karate		7-12 Karate Sparring		Ages 7-12 Sparring
4:45-5:25	Girls Jiu Jitsu (5:00- 5:40)	Ages 4-6 Karate	Girls Jiu Jitsu (5:00- 5:40)	Ages 4-6 Karate	
5:25-6:05	Ages 4-6 Karate	Ages 4-6 Karate		Ages 4-6 Karate	Ages 2-3 Karate Fun
5:25-6:20		Ages 7-12 Karate	Ages 10-16 Karate	Ages 7-12 Karate / Sparring	Ages 10-16 Sparring
6:05-7:00	7-12 Karate & 6-11 Jiu Jitsu	Ages 6-11 Jiu Jitsu (6:05-6:45)	Ages 6-11 Jiu Jitsu (6:05-6:45)	Ages 6-11 Jiu Jitsu (6:05-6:45)	
6:20-7:15		Ages 10-16 Karate	Ages 7-12 weapons	Ages 13-Adult Karate (6:20-7:20)	
7:00-8:00	Ages 13-Adult Karate & Adult JiuJitsu	Ages 13-Adult Jiu Jitsu (7:00 - 8:30)	Ages 13-Adult No-Gi Jiu Jitsu (7:00 - 8:30)	Ages 13-Adult JiuJitsu (7:00- 8:30)	

Saturday and Sunday Schedule

10:30- 12:00	Karate Birthday Parties
12:10- 12:50 & 12:50- 1:30	Ages 4-6 Karate
1:30- 2:25	Ages 7-12 Karate
2:25- 3:20	Ages 7-12 Karate sparring
3:20- 4:20	Ages 13-Adult Karate
4:30- 6:00	Karate Birthday Parties
Sunday Schedule	
Sunday 10:30- 12:00 Adult Jiu Jitsu	Sunday 9:00-10:00 4-9 Parent and Child Brazilian Jiu Jitsu