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MARCH

NEW SATURDAY SCHEDULE

Kids & Teens BJJ Competition @ 9 AM

Women Only BJJ @ 10 AM

Tiny Ninja & Ranger @ 11 AM

Toddler @ 11:30 AM

Teen & Adult BJJ @ 12 PM

Effective as of 3.3.1

Karate Tournament

In collaboration with our good friends at Excel Martial Arts we will be having an inter-school karate tournament. All belt levels of all karate programs will be eligible to participate. See Alex for more details & to register.

When: Saturday March 31, 2018

Where: Villa Maria Academy

3335 Country Club Rd., Bronx, NY 10465

Cost: \$50 to compete in all divisions

Congratulations to Student of the Month BERNARDO SOARES



Congratulations to Mr. Bernardo from the Toddler Program for achieving student of the month for March 2018. Bernardo just received his toddler yellow belt at his first karate promotions and prior to promotions his confidence has greatly improved! He is more comfortable, confident and strong in class. He makes his instructors so proud to see his improvements and growth. Keep up the great work, Bernardo!

SPRING BREAK CAMP

Tuesday April 3rd to Friday April 6th

*details to follow

Parent Participation Class

Parents of all the Karate and BJJ classes are welcomed to take class with their child on Thursday March 22nd & Friday March 23rd. Come workout with your child and see how awesome they are!