



FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fit-X 9:30-10:15am	Fit-X 9:30-10:15am	Fit-X 9:30-10:15am		Fit-X 9:30-10:15am	MMA All Belts 8:15-9:00am
5/6 4:30-5:00pm	7-11 G/B/BR 4:45-5:30pm	5/6 4:30-5:00pm	7-11 W/Y/O 4:30-5:15 pm	5/6 4:45-5:15pm	Fit-X 9:00-9:45am
7-11 W/Y/O 5:05-5:50pm	7-11 W/Y/O 5:40-6:25pm	7-11 G/B/BR 5:45-6:30pm	7-11 G/B/BR 5:15-6:00pm	7-11 W/Y/O 5:20-6:05pm	5/6 9:45-10:15am
Teen G/B/BR 6:00-6:45pm	Teen W/Y/O 6:30-7:15pm	Black Belt Class 6:30-7:15pm	Teen G/B/BR 6:00-6:45 pm	7-11 G/B/BR 6:10-6:55pm	7-11 W/Y/O 10:15-11:00am
Fit-X 6:45-7:30pm	Black Belt Class 7:15-8:00pm	Teen W/Y/O 5:00-5:45pm	Fit-X 7:30-8:15 pm		7-11 G/B/BR 11:00-11:45am
MMA W/Y/O 7:30-8:15pm	MMA G/B/BR 8:00-8:45pm	Fit-X 7:15-8:00pm	MMA W/Y/O 6:45-7:30 pm		TEEN ALL BELTS 11:45-12:30pm
MMA G/B/BR 8:15-9:00pm		MMA W/Y/O 8:00-8:45pm	MMA G/B/BR 8:15-9:00pm		
				(856) 629-2005 BEGINS 9/4/18	
				www.martialartssewellnj.com	