



112 So. WASHINGTON AVE.  
 BERGENFIELD, NJ  
 55A WEST SHORE AVE.  
 DUMONT, NJ

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 WWW.IMSPORTS.NET

**CLASS SCHEDULE EFFECTIVE 2/1/08**

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
4:45-5:15pm Future Champions Ages 4-6	4:00-4:30pm Future Champions Ages 4-6	4:45-5:15pm Future Champions Ages 4-6	4:00-4:30pm Future Champions Ages 4-6		*Leadership, Demo, & Forms Club Forming Now!
5:30-6:15pm Junior Champions Prep Ages 7 & 8 All Ranks	4:30-5:30pm Junior Champions Ages 9-12 Beginner	5:30-6:15pm Junior Champions Prep Ages 7 & 8 All Ranks	4:30-5:30pm Junior Champions Ages 9-12 Beginner	4:30-5:15pm BBC Weapons 1 & 3 Sparring 2 & 4	9:00-9:30am BBC Leadership Team 1 & 3
5:30-6:30pm Tae Kwon Do/ Hapkido Club (Dumont)	5:30-6:30pm Junior Champions Ages 9-12 Advanced	6:30-7:30pm Fitness & Conditioning	5:30-6:30pm Junior Champions Ages 9-12 Advanced	5:30-6:30pm Child/Junior *Make Up Class By Appt. Only (Bergenfield)	9:30-10:30am Fitness & Conditioning
6:30- 7:30pm Fitness & Conditioning	6:30- 7:30pm Teen/Adult Muay Thai Beginner	6:30- 7:30pm Teen/Adult Muay Thai Beginner (Dumont)	5:30-6:30pm Tae Kwon Do/ Hapkido Club (Dumont)	6:30- 7:30pm Teen/Adult Boxing 101	10:00-11:00am Teen/Adult Brazilian Jiu-Jitsu (Dumont)
6:45- 7:45pm Teen/Adult Muay Thai Beginner (Dumont)	7:00-8:00pm Teen/Adult Fitness Kickboxing (Dumont)	7:30- 8:30pm Teen/Adult Beginner Boxing 101	6:30-7:30pm Teen/Adult Muay Thai Advanced	6:00- 7:30pm Teen/Adult *Muay Thai Sport Training (In Ring)	10:30-11:30am *Kali Club Filipino Martial Arts
7:30- 8:30pm Teen/Adult Brazilian Jiu-Jitsu *Gi Uniform	7:30-8:30pm Teen/Adult Muay Thai Advanced	8:30- 9:30pm Teen/Adult Boxing 201 *Coming Soon	7:00-8:00pm Teen/Adult Fitness Kickboxing (Dumont)	Your Next Appointment with us is -----	
7:30- 9:00pm Teen/Adult *Muay Thai Sport Training (In Ring)	8:30-9:30pm Teen/Adult Fitness Conditioning	*Now Enrolling for Weekday Morning Classes!	7:30-8:30pm Teen/Adult Muay Thai Beginner	Private Sessions Available Monday-Saturday	
8:30- 9:30pm Teen/Adult Brazilian Jiu-Jitsu *No Gi	8:30- 9:30pm Teen/Adult Brazilian Jiu-Jitsu *Gi (Dumont)	*New Kali/ Filipino Martial Arts & Self Defense	8:30-9:30pm Teen/Adult Brazilian Jiu-Jitsu *Gi Uniform	Did you know you can Celebrate Your Next Birthday Party With Us? They are Awesome & Fun!	

Students Must Arrive 10 Minutes early and wear clean Class Uniform and pull attendance card.  
 If you cannot find your Attendance Card you must notify staff member before your class begins.  
 For Insurance Purposes, All Class Equipment must be purchased at IM Sports ONLY!  
 Make Up Classes Must Be Made Up within 30 Day Cycle of Missed Classes or Lose Them!  
 Camp Will Be Closed on All Major Holidays. Stay informed via Website, Email and Camp Voicemail.