



KRUTM TRAINING

112 SO. WASHINGTON AVE.
BERGENFIELD, NJ
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WWW.IMSPORTS.NET

BERGENFIELD CLASS SCHEDULE EFFECTIVE JUNE 2009

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
10:30am-11:30am Teen/Adult KRU Training ALL	12:15pm-1:30pm Teen/Adult *Fighter's Conditioning	10:30am-11:30am Teen/Adult KRU Training ALL	4:15-4:45pm Future Champions Ages 4-6		10:00-11:00am Teen/Adult KRU Mixed Martial Arts
4:15-5:00pm Junior Champions Prep Ages 7 & 8 All Ranks	4:15-4:45pm Future Champions Ages 4-6	12:15pm-1:30pm Teen/Adult *Fighter's Conditioning	4:45-5:45pm Junior Champs Ages 9-12 Intermediate BB Training	4:30-5:30pm Junior Black Belt/ Leadership Club	11:00am-12:00pm KRU Training Muay Thai All
5:00- 6:00pm Junior Champs Ages 9-12 Beginner	4:45-5:45pm Junior Champs Ages 9-12 Intermediate BB Training	4:15-5:00pm Junior Champions Prep Ages 7 & 8 All Ranks	5:45-6:45pm Junior Champs Ages 9-12 Advanced BB Training	5:30-6:30pm Child/Junior *Make Up Class By Appt. Only	12:10-1:00pm Brazilian Jiu-Jitsu Beginners/Self Defense Class
6:00- 6:30pm Future Champions Ages 4-6	5:45-6:45pm Junior Champs Ages 9-12 Advanced BB Training	5:00- 6:00pm Junior Champs Ages 9-12 Beginner	6:45-7:45pm Teen/Adult KRU TRAINING Muay Thai Advanced	6:30- 7:30pm Teen/Adult Boxing 101	"Life's a Fight Train to Win" Join our Competition Team See Office For details.
6:30- 7:30pm KRU TRAINING Muay Thai Beginner	6:45- 7:45pm Teen/Adult KRU TRAINING Beginner	6:00-6:30pm Future Champions Ages 4-6	7:45-8:45pm Teen/Adult KRU TRAINING Muay Thai Beginner	**Reserve for Master Ace's Monthly Life Coach Seminar	
7:30- 8:30pm BJJ *Blue Belt Training Program Gi Class	7:45-8:45pm Teen/Adult KRU Training Muay Thai Advanced	6:30- 7:30pm KRU TRAINING Muay Thai Beginner	8:45-9:30pm Brazilian Jiu-Jitsu All	Your Next Appointment with us is -----	
8:45-9:45pm KRU Training Muay Thai All		7:30- 8:30pm Teen/Adult Beginner Boxing 101		Private Sessions Available 7 Days a Week Monday-Sunday	
	<i>Quarterly Muay Thai Sparring Scrimmage Sign Up to Participate</i>	8:30- 9:30pm Starting August! Kru Kali Weapons Training		Did you know you can Celebrate Your Next Kid's 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.