



2021 APRIL/MAY Dojo NEWS & Updates

Check front desk for this monthly newsletter
Download & Print from www.AMMAfit.com

❖ Dojo Communications:

- Please contact us for the best way to provide you News & Updates
- Currently we Text Blast, Email, Social Media (Instagram & Facebook)
- Mat Announcements Website: www.AMMAfit.com

~ April 3rd: DOJO CLOSED for Easter Weekend

~ April 11th: First Sunday, Teen/Adult Brazilian Jiu Jitsu 9-11am

~ April 17th: Krav Maga Seminar 2-4pm

- FREE to Academy Members, \$30 to Non-Members

April 19th: STRIPE WEEK

- Get to class for your progress stripes (7 classes per 4 weeks)

April 28th: Special BJJ NoGi Training (~~Ground Defense Class Canceled~~)

- 7:15-9:15pm, All Members Welcome

April 29th: BELT PROMOTION NIGHT (~~Normal Classes Canceled~~)

BELT TESTING SCHEDULE

- 4:45p Tiny Titans
- 5:30p Little Dragons
- 6:30p A-TEAM
- 7:45p ACADEMY Training Night: Teen/Adult All members Welcome

May 11th: Tuesday, Women's Self-Defense Seminar

- 7:45-9:15pm FREE to Academy Members
- \$20 for NON-Members
- ~~7:45p MMA Cx Class canceled~~

May 16th: Krav Maga Defense for Concealed Carry

- 9:30am – 12:30pm
- \$50/student

May 24th: STRIPE WEEK

- Get to class for your progress stripes (7 classes per 4 weeks)

SUMMER CAMPS SCHEDULE:

- June 28-July 1 ~ July 19-23 ~ Aug 9-13 ~ 9:00am – 3:30p