



Team Fort Lauderdale
Elite Force Martial Arts
1425 E. Commercial Blvd
Oakland Park, FL. 33334

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Www.eliteforcema.com

Class	MONDAY (A)	TUESDAY (A)	WEDNESDAY(B)	THURSDAY(B)	FRIDAY(A)	SATURDAY(B)
HOURS	2PM-9PM	3PM-9PM	9AM-11AM 2PM-9PM	2PM-9PM	2PM-9PM	9AM-12:30PM

JUNIOR CLASSES

Elite Dragons 3 1/2-6yrs.	4:15PM-5:00PM	5:45PM-6:30PM	4:15PM-5:00PM	5:45PM-6:30PM	4:00PM-4:45PM	9:00AM-9:45AM
Junior Basic White/yellow/ orange	7:00PM-7:45PM	5:00PM-5:45PM	7:00PM-7:45PM	5:00PM-5:45PM	4:45PM-5:30PM White to Green	9:45AM-10:45AM
Junior Advanced Purple thru Black	6:00PM-7:00PM	4:00PM-5:00PM	6:00PM-7:00PM	4:00PM-5:00PM 6:30PM-7:30PM	4:45PM-5:30PM White to Green 5:30pm-6:30pm Brown & up	9:45AM-10:45AM
Candidate Class		6:30PM-7:30PM				
Birthday Parties						2:00PM-3:30PM

ADULTS

All Rank Adults	Purple & Up 5:00PM-6:00PM 7:45PM-8:45PM	7:30PM-8:30PM	9:00AM-10:00AM 5:00PM-6:00PM 7:45PM-8:45PM	7:30PM-8:30PM	6:30PM-7:30PM All Ranks	11:00am-12:00pm Sparring/ Fightclub (B) DAY
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