























TEAM X-TREME MARTIAL ARTS
9920 ALTERNATE A1A SUITE #805
PALM BEACH GARDENS, FLORIDA 33410
 561-494-2886 WWW.TEAMXTREMEMA.COM

"A MUSCLE IS LIKE A CAR. IF YOU WANT IT TO RUN WELL IN THE MORNING YOU HAVE TO WARM IT UP" ~ Florce Griffith Joyner

February 2020

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Have Your Birthday Party at the Dojo!!! Just bring your camera, sit back and enjoy. We do all the work!!! Each 90 minute party includes an exciting karate lesson developing teamwork through games and drills. Pizza and drinks, gift certificates for all the kids! Contact us for more details call 561-494-2886 			 			1  Aaron Weinberg TEAM RUN 9:00
2  Olivia Vo	3 GET YOUR FREE VALENTINES DAY CARDS FREE @ THE FRONT DESK	4  Thomas Fletcher Mack & Molly Brindley	5  Erica Haines	6  Bruna Bloise	7 	8 GRADUATION DAY! NO REGULAR CLASSES
VALENTINES BUDDY WEEK- INFLUENCE A FRIEND TO KICK WITH YOU ALL WEEK LONG			12 	13 	14 	15 BLACK BELT PRE-CHECK TEAM RUN 9:00
16  Alexis Strubinger Yash Panpaliya	17  Adam Michaels	18  Zia Cartrett	19 	20  Tyler Darius	21  Dennis C Emond Brandon Freseman	22 TEAM RUN 9:00
23  Amos Banfe Gary Jensen Sebastian Sarapura	24  Kelli Logan Jackson Sarapura	25  Charlie Roos Kaleb Archer	26 	27  Liam Lowe	28  Mason Hill	29 TEAM RUN 9:00



SenseiDennis@teamxtrememaa.com



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HAPPY BIRTHDAY TO ALL OF OUR FEBRUARY KOHIAS

BRING GEAR ON THESE DAYS