









# Coach Decker's Martial Arts Academy



## 2022 JANUARY

| Sunday       | Monday   | Tuesday  | Wednesday  | Thursday   | Friday       | Saturday   | <b>Get a FREE CLASS!</b><br><br><b>SCAN ME</b><br>Please introduce yourself!<br>Schedule a free intro-lesson.<br>And ask about a FREE gift!<br>Call or text your questions:<br><b>(480) 442-3161</b><br>Studio address:<br><b>4210 E. Main Street #1</b><br><b>Mesa AZ 85205</b><br>Visit us on the web at:<br><a href="https://coachdecker.com/">https://coachdecker.com/</a><br>And follow us:<br>   <br><a href="https://www.facebook.com/coachdecker/">https://www.facebook.com/coachdecker/</a><br><a href="https://twitter.com/fightingfitaz">https://twitter.com/fightingfitaz</a><br><a href="https://www.youtube.com/user/fightingfitaz">https://www.youtube.com/user/fightingfitaz</a><br><a href="https://www.instagram.com/fightingfitaz/">https://www.instagram.com/fightingfitaz/</a><br>Never miss a video<br><b>SUBSCRIBE</b> to my<br><b>YouTube channel</b>  |
|--------------|--|--|--|--|--------------|--|--|
| 02<br>CLOSED | 03<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>MAT MONKEYS 2</u><br>5:15 - 6:00 PM<br><u>YOGA</u><br>6:00 - 7:00 PM<br><u>KICKBOXING</u><br>7:00 - 8:00 PM | 04<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>JR JUDO</u><br>5:15 - 6:00 PM<br><u>SELF-DEFENSE</u><br>6:00 - 7:00 PM<br><u>FREESTYLE JUDO</u><br>7:00 - 8:00 PM | 05<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>MAT MONKEYS 2</u><br>5:15 - 6:00 PM<br><u>YOGA</u><br>6:00 - 7:00 PM<br><u>KICKBOXING</u><br>7:00 - 8:00 PM | 06<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>JR JUDO</u><br>5:15 - 6:00 PM<br><u>SELF-DEFENSE</u><br>6:00 - 7:00 PM<br><u>FREESTYLE JUDO</u><br>7:00 - 8:00 PM | 07<br>CLOSED | 08<br><u>KICKBOXING</u><br>8:00 - 9:00 AM<br><u>FREESTYLE JUDO</u><br>9:00 - 10:00 AM<br><u>OPEN MAT/RANDORI</u><br>10:00 - 11:00 AM<br><u>YOGA/TAI-CHI FUSION</u><br>11:00 - 12:00 PM |  |
| 09<br>CLOSED | 10<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>MAT MONKEYS 2</u><br>5:15 - 6:00 PM<br><u>YOGA</u><br>6:00 - 7:00 PM<br><u>KICKBOXING</u><br>7:00 - 8:00 PM | 11<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>JR JUDO</u><br>5:15 - 6:00 PM<br><u>SELF-DEFENSE</u><br>6:00 - 7:00 PM<br><u>FREESTYLE JUDO</u><br>7:00 - 8:00 PM | 12<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>MAT MONKEYS 2</u><br>5:15 - 6:00 PM<br><u>YOGA</u><br>6:00 - 7:00 PM<br><u>KICKBOXING</u><br>7:00 - 8:00 PM | 13<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>JR JUDO</u><br>5:15 - 6:00 PM<br><u>SELF-DEFENSE</u><br>6:00 - 7:00 PM<br><u>FREESTYLE JUDO</u><br>7:00 - 8:00 PM | 14<br>CLOSED | 15<br><u>KICKBOXING</u><br>8:00 - 9:00 AM<br><u>FREESTYLE JUDO</u><br>9:00 - 10:00 AM<br><u>OPEN MAT/RANDORI</u><br>10:00 - 11:00 AM<br><u>YOGA/TAI-CHI FUSION</u><br>11:00 - 12:00 PM |  |
| 16<br>CLOSED | 17<br>CLOSED   | 18<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>JR JUDO</u><br>5:15 - 6:00 PM<br><u>SELF-DEFENSE</u><br>6:00 - 7:00 PM<br><u>FREESTYLE JUDO</u><br>7:00 - 8:00 PM | 19<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>MAT MONKEYS 2</u><br>5:15 - 6:00 PM<br><u>YOGA</u><br>6:00 - 7:00 PM<br><u>KICKBOXING</u><br>7:00 - 8:00 PM | 20<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>JR JUDO</u><br>5:15 - 6:00 PM<br><u>SELF-DEFENSE</u><br>6:00 - 7:00 PM<br><u>FREESTYLE JUDO</u><br>7:00 - 8:00 PM | 21<br>CLOSED | 22<br><u>KICKBOXING</u><br>8:00 - 9:00 AM<br><u>FREESTYLE JUDO</u><br>9:00 - 10:00 AM<br><u>OPEN MAT/RANDORI</u><br>10:00 - 11:00 AM<br><u>YOGA/TAI-CHI FUSION</u><br>11:00 - 12:00 PM |  |
| 23<br>CLOSED | 24<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>MAT MONKEYS 2</u><br>5:15 - 6:00 PM<br><u>YOGA</u><br>6:00 - 7:00 PM<br><u>KICKBOXING</u><br>7:00 - 8:00 PM | 25<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>JR JUDO</u><br>5:15 - 6:00 PM<br><u>SELF-DEFENSE</u><br>6:00 - 7:00 PM<br><u>FREESTYLE JUDO</u><br>7:00 - 8:00 PM | 26<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>MAT MONKEYS 2</u><br>5:15 - 6:00 PM<br><u>YOGA</u><br>6:00 - 7:00 PM<br><u>KICKBOXING</u><br>7:00 - 8:00 PM | 27<br><u>MAT MONKEYS 1</u><br>4:30 - 5:15 PM<br><u>JR JUDO</u><br>5:15 - 6:00 PM<br><u>SELF-DEFENSE</u><br>6:00 - 7:00 PM<br><u>FREESTYLE JUDO</u><br>7:00 - 8:00 PM | 28<br>CLOSED | 29<br><u>KICKBOXING</u><br>8:00 - 9:00 AM<br><u>FREESTYLE JUDO</u><br>9:00 - 10:00 AM<br><u>OPEN MAT/RANDORI</u><br>10:00 - 11:00 AM<br><u>YOGA/TAI-CHI FUSION</u><br>11:00 - 12:00 PM |  |