



# New York Karate & Kickboxing Karate Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Karate Kids Advance 3:30 – 4:15		Karate Kids Advance 3:30 – 4:15		
Little Ninja 4:30– 5:00	Karate Kids Basic 4:15– 5:00	Little Ninja 4:30–5:00	Karate Kids Basic 4:15– 5:00	Karate Kids Basic 4:00– 4:45	Little Ninja 10:00–10:30
Karate Kids Advance 5:00–5:55	Karate Kids Expert 5:00–5:55	Karate Kids Advance 5:00–5:55	Karate Kids Advance 5:00–5:55	Karate Kids Adv/Exp 5:00–5:55	Karate Kids Open Format 10:45–11:40
Adult Karate Basic 7:00–8:00	Adult Judo 6:00–7:00	Adult Karate Basic 7:00–8:00		Adult Grappling 7:00–8:00	

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