

Sensei Vladimir Zolottev • Krav Maga • Shotokan Karate • Kickboxing
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Class Schedule Fall 2019

SHOTOKAN KARATE Training as per the Supervision of the SHOTOKAN KARATE-DO of the UNITED NATIONS.

KRAV MAGA Israeli Self Defense Martial Art Instruction as per the Supervision of the KRAV MAGA FEDERATION.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--|--|--|
| 9:00-10:00am Kickboxing Conditioning & Fitness | | 9:00-10:00am Kickboxing Conditioning & Fitness | | 9:00-10:00 Kickboxing Conditioning & Fitness | 9:00-10:00am KRAV MAGA All Levels Adult/Teen | |
| | | | | | 10:15-10:45am Tiny Tigers Black Belt Club KARATE (4-7 yrs) | 10:15am – 11:15am KRAV MAGA All Levels Adult/Teen |
| 3:40-4:10pm Tiny Tigers Basic KARATE (4-6 yrs) | | 3:40-4:10pm Tiny Tigers Black Belt Club KARATE (4-7 yrs) | 3:40-4:10pm Tiny Tigers Basic KARATE (4-6 yrs) | | 11:00am -11:50am KRAV MAGA Kids (6-12 Yrs) Yellow Stripe & Up | |
| 4:25-4:55pm Tiny Tigers Black Belt Club KARATE (4-7 yrs) | | 4:25-5:00pm Jr. Basic & Jr. Black Belt KARATE ALL BELTS (7-12 Yrs) | 4:25-5:10pm Jr. Black Belt Club KARATE Belts: Orange & Up (7-12 Yrs) | | 12:05pm – 12:35pm Tiny Tigers Basic KARATE (4-6 yrs) | 12:20pm - 1:20pm KRAV MAGA Kids (6-12 Yrs) All Levels |
| 5:15-6:00pm Jr. Basic & Jr. Black Belt KARATE ALL BELTS (7-12 Yrs) | 5:00-5:30pm Tiny Tigers Basic KARATE (4-6 Yrs) | 5:15-5:45pm Tiny Tigers Basic KARATE (4-6 Yrs) | 5:25-6:15pm KRAV MAGA Kids (6-12 Yrs) All Levels | 5:15-6:05pm KRAV MAGA Kids (6-12 Yrs) All Levels | 12:50pm-1:35pm Jr. Basic & Jr. Black Belt Club KARATE (7-12 Yrs) | |
| 6:15-7:05pm KRAV MAGA Kids(6-12 Yrs) All Levels | 5:30-6:20pm KRAV MAGA Kids (6-12 Yrs) Yellow & Up | 6:00-6:50pm KRAV MAGA Kids (6-12 Yrs) All Levels | | | | |
| | 6:35-7:30pm KRAV MAGA All Levels Adult/Teen | | 6:30-7:20pm KRAV MAGA Basic Adult/Teen | 6:30-7:20pm KARATE Kids/Teen/Adult All Levels & Belts Incl. ZANSHIN* | | |
| 7:30-8:20pm Teen/ Adult KARATE ZANSHIN* | 7:45-8:35pm KARATE Kids/Teen/Adult All Levels & Belts Incl. ZANSHIN* | 7:30-8:20pm Teen & Adult KARATE ZANSHIN* | 7:35-8:25pm KARATE Kids/Teen/Adult All Levels & Belts Incl. ZANSHIN* | 7:35-8:35pm KRAV MAGA Yellow & Up Adult/Teen | | <i>Birthday Parties Available</i> |
| 8:40-9:40pm KRAV MAGA All Levels Adult/Teen | 8:45-9:45pm KRAV MAGA Orange & Up Adult/Teen | 8:40-9:40pm KRAV MAGA Basic Adult/Teen | 8:45-9:45pm KRAV MAGA Yellow & Up Adult/Teen | 8:45-9:45pm KRAV MAGA Basic Adult/Teen | | |

*ZANSHIN Karate Class: Advanced Traditional High Performance Shotokan Karate Classes.