

# Sensei Vladimir Zolottev • Krav Maga • Shotokan Karate

(914) 961 1111 New Rochelle, NY 10804 [www.SenseiVladimir.com](http://www.SenseiVladimir.com)

## May 2, 2022 – June 30, 2022 ONLINE & OUTDOOR KARATE & KRAV MAGA SELF-DEFENSE CLASS SCHEDULE

*New Students Please Contact for Registration. For Outdoor Classes please Arrive 15 minutes before your class time. Online Classes please login 5 minutes before class.*

MONDAY Online + Outdoors	TUESDAY Online	WEDNESDAY Outdoors	THURSDAY Online	FRI DA Y	SATURDAY Outdoors	SUNDAY Outdoors
<p>Online 5:00-5:30pm <b><u>KARATE</u></b> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT ALL AGES <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>	<p>Online 5:00-5:30pm <b><u>KARATE</u></b> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT ALL AGES <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>		<p>Online 4:45-5:15pm <b><u>KARATE</u></b> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT ALL AGES <i>YELLOW BELTS &amp; UP</i> (4-80+ yrs)</p>		<p><i>Outdoors at Huguenot Park @ Braemar</i> 9:00am - 9:45am <b><u>KRAV MAGA</u></b> ALL AGES (7-80+ yrs) <i>ORANGE BELTS &amp; UP</i></p>	<p><i>Outdoors at Huguenot Park @ Braemar</i> 9:00am - 9:45am <b><u>KRAV MAGA</u></b> ALL AGES (7-80+ yrs) <i>ORANGE BELTS &amp; UP</i></p>
	<p>Online 5:30-6:15pm <b><u>KRAV MAGA</u></b> KIDS &amp; TEENS &amp; ADULTS &amp; FAMILY ALL AGES (6-80+ yrs) <i>All LEVELS</i> <i>No Belts &amp; All Belts</i></p>	<p><i>Outdoors at Thomas Paine Cottage</i> 5:30pm - 6:15pm <b><u>KARATE</u></b> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT ALL LEVELS &amp; ALL BELTS (4-80+ yrs)</p>	<p>Online 5:30-6:15pm <b><u>KRAV MAGA</u></b> KIDS &amp; TEENS &amp; ADULTS &amp; FAMILY ALL AGES (6-80+ yrs) <i>All LEVELS</i> <i>No Belts &amp; All Belts</i></p>		<p><i>Outdoors at Huguenot Park @ Braemar</i> 10:00am - 10:45am <b><u>KRAV MAGA</u></b> ALL AGES (6-80+ yrs) <i>BASIC</i> <i>No Belts, White Belts, &amp; Yellow Belts White Stripe, Yellow Belts Orange Stripe &amp; Yellow Belts</i></p>	<p><i>Outdoors at Huguenot Park @ Braemar</i> 10:00am - 10:45am <b><u>KRAV MAGA</u></b> ALL AGES (6-80+ yrs) <i>BASIC</i> <i>No Belts, White Belts, &amp; Yellow Belts White Stripe, Yellow Belts Orange Stripe &amp; Yellow Belts</i></p>
<p><i>Outdoors at Thomas Paine Cottage</i> 6:30pm - 7:15pm <b><u>KARATE</u></b> ALL AGES &amp; FAMILY <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>		<p><i>Outdoors at Thomas Paine Cottage</i> 6:30pm - 7:15pm <b><u>KRAV MAGA</u></b> ALL AGES &amp; FAMILY <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>	<p>Online 6:30-7:15pm <b><u>KARATE</u></b> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT ALL AGES <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>		<p><i>Outdoors at Huguenot Park @ Braemar</i> 11:00am - 11:45am <b><u>KARATE</u></b> ALL AGES &amp; FAMILY <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>	<p><i>Outdoors at Huguenot Park @ Braemar</i> 11:00am - 11:45am <b><u>KARATE</u></b> ALL AGES &amp; FAMILY <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)</p>
<p><i>Outdoors at Thomas Paine Cottage</i> 7:30pm - 8:15pm <b><u>KRAV MAGA</u></b> ALL AGES &amp; FAMILY (6-80+ yrs) <i>All LEVELS &amp; All BELTS</i></p>	<p>Online 7:30-8:30pm <b><u>KRAV MAGA</u></b> KIDS &amp; TEENS &amp; ADULTS &amp; FAMILY ALL AGES (6-80+ yrs) <i>BASIC &amp;</i> <i>All LEVELS &amp; All BELTS</i></p>		<p>Online 7:30-8:30pm <b><u>KRAV MAGA</u></b> TEEN/ADULT <i>ORANGE BELTS &amp; UP</i></p>			

Krav Maga Israeli Self Defense Martial Arts Training as per the Supervision of the KRAV MAGA FEDERATION.

Traditional Japanese Shotokan Karate Training as per the Supervision of the SHOTOKAN KARATE DO of the UNITED NATIONS.

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