



Kempo Martial Arts Dojo

www.kempomartialarts.net

CLASS SCHEDULE

LEVITTOWN

02/18/08

MONDAY

BEGINNER YOUNG WARRIORS	(WHITE – YELLOW 5½ – 7 yrs)	4:30 – 5:15
BEGINNER/INTER YOUNG ADULTS	(WHITE – BLUE STRIPE 8 - 14 yrs)	5:30 – 6:30
ADVANCED YOUNG ADULTS	(GREEN + 8 - 14 yrs)	6:45 – 7:45
OPEN TEEN/ADULT	(ALL RANKS 15 yrs+)	8:00 – 9:00

TUESDAY

ADULT YOGA	6:00- 7:00
FOR MORE INFORMATION PLEASE CALL CAROL @ SPECTRUM YOGA 516-361-0715	

WEDNESDAY

BEGINNER YOUNG WARRIORS	(WHITE – YELLOW 5½ – 7 yrs)	4:30 – 5:15
ADVANCED YOUNG WARRIORS	(ORANGE – BLUE STRIPE 5½ – 7 yrs)	5:30 – 6:15
BEGINNER/INTER YOUNG ADULTS	(WHITE – BLUE STRIPE 8 - 14 yrs)	6:30 – 7:30
ADVANCED TEEN/ ADULT	(GREEN + 15 yrs+)	7:45 – 8:45

THURSDAY

ADULT YOGA	6:00- 7:00
FOR MORE INFORMATION PLEASE CALL CAROL @ SPECTRUM YOGA 516 361 0715	

FRIDAY

LITTLE TIGERS	(WHITE 4½ – 5 yrs)	3:45 – 4:15
OPEN YOUNG WARRIORS	(ALL RANKS 5½ – 7 yrs)	4:30 – 5:15
ADVANCE YOUNG ADULTS	(GREEN + 8 – 14 yrs)	5:30 – 6:30
BEGINNER/INTER TEEN/ADULTS	(WHITE-BLUE STRIPE 15 yrs +)	6:45 – 7:45

SATURDAY

OPEN TEEN/ADULT	(ALL RANKS 15 yrs+)	10:00 – 11:00
ADVANCED YOUNG WARRIORS	(ORANGE – BLUE STRIPE 5½ – 7 yrs)	11:15 – 12:00
BEGINNER/INTER YOUNG ADULTS	(WHITE – BLUE STRIPE 8 – 14 yrs)	12:15 – 1:15
ADVANCED YOUNG ADULTS	(GREEN + 8 – 14 yrs)	1:30 – 2:30

SUNDAY

OPEN YOUNG WARRIORS	(ALL RANKS 5½ – 7 yrs)	10:30 - 11:15
OPEN YOUNG ADULTS	(ALL RANKS 8 – 14 yrs)	11:30 - 12:30
OPEN TEEN/ADULT	(ALL RANKS 15 yrs+)	12:45 - 1:45

NASSAU

Farmingdale
615 Main Street
516-753-6635

Franklin Square
380 Franklin Avenue
516-358-1649

Hicksville
26-28 West Village Green
516-520-5110

Levittown
54 Division Avenue
516-796-0320

Valley Stream
1690 Central Court
516-256-0003

SUFFOLK

Holbrook
971 Main Street
631-585-6111

Manorville
460-6 Country Road 111
631-395-6876

Smithtown
530 Smithtown Bypass
631-979-3541

Lindenhurst
294 East Montauk Highway
631-321-1386