

# KIDS WEEKLY TRAINING SCHEDULE

START TIMES	MON	TUES	WED	THUR	FRI	START TIMES	SAT	SUN
<b>3:15PM</b> 45 MINUTE CLASS	KIDS GRAPPLING AGES 4-6	KIDS GRAPPLING AGES 4-6	KIDS GRAPPLING AGES 4-6	KIDS GRAPPLING AGES 4-6	KIDS GRAPPLING AGES 4-6	<b>10:45AM</b> 1 HOUR CLASS	KIDS SELF-DEFENSE	NO KIDS CLASSES
<b>3:30PM</b> 45 MINUTE CLASS	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	<b>10:45AM</b> 1 HOUR CLASS	KIDS GRAPPLING (BJJ)	
<b>4:00PM</b> 1 HOUR CLASS	KIDS WRESTLING	KIDS GRAPPLING (BJJ)	KIDS WRESTLING	KIDS GRAPPLING (BJJ)	KIDS WRESTLING			
<b>4:15PM</b> 45 MINUTE CLASS	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE			
<b>5:00PM</b> 1 HOUR CLASS	KIDS GRAPPLING (BJJ)	KIDS WRESTLING	KIDS GRAPPLING (BJJ)	KIDS WRESTLING	KIDS GRAPPLING (BJJ)			
<b>5:30PM</b> 45 MINUTE CLASS	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE	KIDS SELF-DEFENSE			

- KIDS SELF DEFENSE BELT PROMOTIONS
- KID - PARENT EVENTS
- PRIVATE LESSONS FOR ALL DISCIPLINES
- MARTIAL ARTS THEMED BIRTHDAY PARTIES FOR BOYS AND GIRLS



★ AWARD WINNING CLASSES BY ★  
★ CERTIFIED & AWARD WINNING INSTRUCTORS ★

- KIDS SELF-DEFENSE CLASSES START AT AGE 4 -

- THE 3:15 KIDS GRAPPLING CLASS IS FOR AGES 4-6 ONLY -

- KIDS CAN ATTEND MULTIPLE CLASSES A DAY IN ANY DISCIPLINE -

- BELT LEVELS WHITE THROUGH BLACK CAN ATTEND ANY KIDS PROGRAM AT ANY TIME SLOT -

KIDS GYM HOURS ARE FROM 3:00PM - 6:15PM

KIDS SHOULD ARRIVE 15 MINUTES EARLY TO THEIR CLASS

KIDS SHOULD HAVE THEIR UNIFORM, BELT AND GEAR IN ORDER TO ATTEND CLASS

**(914) 437-5353**

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