



Zanshin Self Defense Academy - 516-364-1912
HEAD INSTRUCTOR - SENSEI KAREN LAMB
STARTS THURSDAY, SEPTEMBER 6th



Pee Wee Ages 4-6

Junior Ages 7-12

Teens & Adults 13+

		4:15 - 5:00	5:30 - 6:15	6:30 -7:15	7:30 - 8:30
Monday		Pee Wee Yellow & Higher	CHILDREN'S BLACK BELT CLUB	Junior Orange & Higher	Adult Open
		4:15 - 5:00	5:30 - 6:15	6:30 -7:30	
Tuesday		Pee Wee Beginner	Junior Yellow & Higher	Adult Open	
Wednesday					
		4:15 - 5:00	5:30 - 6:15	6:30-7:15	7:30 - 8:30
Thursday		Pee Wee Beginner	Junior White thru Orange Stripe	Junior Orange & Higher	Adult Open
		4:15- 5:00	5:15 - 6:00	6:15-7:00	
Friday		Pee Wee Yellow & Higher	CHILDREN'S BLACK BELT CLUB	Junior Orange Stripe & Higher	
		9:30 - 10:15	10:45 - 11:30	12:00 -12:45	1:00 -1:45
Saturday		Pee Wee Beginner	Pee Wee Yellow & Higher	Junior Orange Stripe & Higher	Junior White thru Yellow

Please check announcement board for all school closings and holidays!
Sensei Karen has the right to change the class schedule based on class participation.
Look us up at zanshinselfdefense.com