



Zanshin Self Defense Academy - 516-364-1912
HEAD INSTRUCTOR - SENSEI KAREN LAMB
STARTS THURSDAY, SEPTEMBER 5th



Pee Wee Ages 4-6

Junior Ages 7-12

Teens & Adults 13+

		4:30 - 5:15	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
		4:30- 5:15	5:30 - 6:15	6:30 -7:15	
Tuesday			Pee Wee Beginner	Junior Yellow & Higher	
Wednesday					
		4:30- 5:15	5:30 - 6:15	6:30-7:15	7:30 - 8:30
Thursday			Pee Wee Beginner	Junior White & 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 - 10:30	10:45 - 11:30	12:00 -12:45	1:00 -1:45
Saturday		Adult Open	Pee Wee Yellow & Higher	Junior Orange Stripe & Higher	Pee Wee/Junior White & 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