



Zanshin Self Defense Academy - 516-364-1912
HEAD INSTRUCTOR - SENSEI KAREN LAMB
STARTS SEPTEMBER 14TH



| | Pee Wee Ages 4-6 | Junior Ages 7-12 | | Teens & Adults 13+ | |
|------------------|------------------|-------------------------------|---|-------------------------------------|----------------------------------|
| | | 4:30 - 5:15 | 5:30 - 6:15 | 6:30 -7:15 | |
| Monday | | | Pee Wee Yellow & Higher | Junior Orange & Higher | |
| | | 4:30- 5:15 | 5:30 - 6:15 | 6:30 -7:30 | |
| Tuesday | | Pee Wee Beginner | Junior White & Higher | Adult Open | |
| | | | | | |
| Wednesday | | | | | |
| | | 4:30-5:15 | 5:30 - 6:15 | 6:30-7:30 | |
| Thursday | | | 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 | | |
| | | | 10:45 - 11:30 | 12:00 -12:45 | 1:00 -1:45 |
| Saturday | | | 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