



**Zanshin Self Defense Academy - 516-406-3550**  
**HEAD INSTRUCTOR - SENSEI KAREN LAMB**



Pee Wee Ages 4-5

Junior Ages 6-11

Teens & Adults 12+

		4:30 - 5:15	5:30 - 6:15	6:30 - 7:15	
<b>Monday</b>					
		4:30- 5:15	5:30 - 6:15	6:30 -7:30	
<b>Tuesday</b>				<b>Junior</b> White & Higher	<b>Adult Open</b>
<b>Wednesday</b>					
			5:35 - 6:20	6:30-7:15	7:30-8:30
<b>Thursday</b>			<b>CHILDREN'S BLACK BELT CLUB</b>	<b>Junior</b> White & Higher	<b>Adult Open</b>
			5:15 - 6:00	6:15-7:00	
<b>Friday</b>					
		9:30 - 10:30	10:45 - 11:30	12:00 -12:45	1:00 -1:45
<b>Saturday</b>					

**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](http://zanshinselfdefense.com)**