



Zanshin Self Defense Academy
(516) 364-1912
Head Instructor: Karen Lamb
Summer Schedule - as of 6/20/22



Pee Wee Ages 4-6

Junior Ages 7-12

Teens & Adults 13+

| | | 5:30 - 6:15 | 6:30 - 7:15 | 7:30 - 8:15 | |
|-----------------|--|-------------------------------|------------------------------|----------------------------|--|
| Monday | | Pee Wee White | Junior Yellow & Higher | BLACK BELT CLUB | |
| | | 5:30 - 6:15 | 6:30 - 7:15 | 7:30 - 8:30 | |
| Tuesday | | | Junior White & Higher | Adult Open | |
| | | 5:30 - 6:15 | 6:30 - 7:15 | 7:30 - 8:30 | |
| Thursday | | Pee Wee Yellow & Higher | Junior Yellow & Higher | Adult Open | |
| | | 9:30 - 10:15 | 10:30 - 11:15 | | |
| Saturday | | Pee Wee White & Higher | Junior White & Higher | | |

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

