

KI MARTIAL ARTS

www.KIMartialArtsUSA.com

125a Marbledale Rd, Tuckahoe, NY 10707 (914)-961-1111

Schedule for February through April, 2010

For Special Needs classes and Private Classes please call (914)-961-1111

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00am	Ladies KICKBOXING, KI CONDITIONING, & SELF DEFENSE		Ladies KICKBOXING, KI CONDITIONING & SELF DEFENSE		Ladies KICKBOXING KI CONDITIONING & SELF DEFENSE	
10:00 - 10:45am						WAKE UP CLASS
10:30 – 12:00pm	HATHA YOGA					
11:00 - 12:00pm						Tiny Tigers KARATE & TKD
11:30 - 1:00pm			HATHA YOGA			
12:00-1:00pm						Family Class KARATE & TKD
1:30 - 2:30pm						
2:30 – 3:30pm						<u>BIRTHDAY PARTY</u>
3:30 - 4:00pm						
4:00 – 5:00pm	Tiny Tigers KARATE & TKD	Tiny Tigers TKD	Tiny Tigers KARATE & TKD	Tiny Tigers KARATE		
5:15 – 6:15pm	Children KARATE & TKD	Children TKD	Children KARATE & TKD	Children SPARRING		
6:30 – 7:30pm		Adult KICKBOXING, KI CONDITIONING & SELF DEFENSE		Adult KICKBOXING, KI CONDITIONING & SELF DEFENSE		
7:30 – 8:30pm	Teen/Adult FORMS KATA	Family Class KARATE	Teen/Adult SPARRING KUMITE	Family Class TKD		
8:30 – 9:30pm	KRAV MAGA		KRAV MAGA	KRAV MAGA		