



Steven Karate Academy
@skausadojo

SKA USA SCHEDULE

141 Main Street, East Rockaway NY
(516) 596-7824
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am Adult kickboxing	5:30-6:30am Adult kickboxing	5:30-6:30am Adult kickboxing	5:30-6:30am Adult kickboxing	5:30-6:30am Adult kickboxing		8:00-9:00am Adult kickboxing
					9:00-9:45 am Beginner Karate	
9:30-10:30am Adult kickboxing	9:30-10:30am Adult kickboxing	9:30-10:30am Adult kickboxing	9:30-10:30am Adult kickboxing	9:30-10:30am Adult kickboxing	10:00-11:00 am Competition team	
 PRIVATE LESSONS AVAILABLE CALL US AT (516) 596-7824 					11:15- 1:00 Elite training	
4:00- 4:45pm Little Tigers (3-5 years)	4:00- 4:45pm Little Tigers (3-5 years)	4:00- 4:45pm Little Tigers (3-5 years)	4:00- 4:45pm Little Tigers (3-5 years)	4:00- 4:45pm Little Tigers (3-5 years)	BIRTHDAY PARTIES!!! Let us celebrate your birthday with you! 	
4:50-5:35pm Beginner Kumite	4:50-5:35pm Intermediate Kata	4:50-5:35pm Intermediate Kumite	4:50-5:35pm Beginner Kata	4:50-5:35pm Beginner Karate		
5:40- 6:25pm Intermediate Kumite	5:40- 6:25pm Beginner Kata	5:40- 6:25pm Beginner Kumite	5:40- 6:25pm Intermediate Kata	5:40- 6:40pm Weapons		
6:30-7:15pm Purple/brown belt Kumite	6:30-7:15pm Purple/brown belt Kata	6:30-7:15pm Purple/brown belt Kumite	6:30-7:15pm Purple/brown belt Kata	6:45- 8:00pm Elite training		
7:20- 8:20pm Black Belt Kumite	7:20- 8:20pm Black Belt Kata	7:20- 8:20pm Black Belt Kumite	7:20- 8:20pm Black Belt Kata			
8:30-9:15 pm Adult kickboxing	8:30-9:15 pm Adult kickboxing	8:30-9:15 pm Adult kickboxing	8:30-9:15 pm Adult kickboxing			

- Facility is cleaned and sanitized in between every class

