



# SKA USA KARATE SCHEDULE

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| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY                                  |
|---|---|---|---|---|---|---|
|   |   |   |   |   | 9:15-10:00 am<br><b>Little Tigers Fitness</b><br>(3-5 years)  |   |
|   |   |   |   |   | 10:00-11:00 am<br><b>Beg./Int. Fitness</b>  | 10:00-12:00 pm<br><b>Elite Training</b> |
| PRIVATE SESSIONS AVAILABLE. CALL US AT (516) 596-7824 |   |   |   |   | 11:00-1:00 pm<br><b>Elite Training</b>  |   |
|   |   |   |   |   |   |   |
| 4:00-4:45 pm<br><b>Little Tigers</b><br>(3-5 years)   | 4:00-4:45 pm<br><b>Beginner Karate</b>              | 4:00-4:45 pm<br><b>Little Tigers</b><br>(3-5 years) | 4:00-4:45 pm<br><b>Beginner Karate</b>              | 4:00-4:45 pm<br><b>Little Tigers</b><br>(3-5 years) | <b>BIRTHDAY PARTIES!!!</b><br>Let us celebrate your birthday with you!<br> |   |
| 4:45-5:30 pm<br><b>Beginner Karate</b>                | 4:45-5:30 pm<br><b>Little Tigers</b><br>(3-5 years) | 4:45-5:45 pm<br><b>Intermediate Karate</b>          | 4:45-5:30 pm<br><b>Little Tigers</b><br>(3-5 years) | 4:45-5:30 pm<br><b>Beginner Weapons</b>             |   |   |
| 5:30-6:30 pm<br><b>Intermediate Karate</b>            | 5:30-6:30 pm<br><b>Intermediate Karate</b>          | 5:45-6:30 pm<br><b>Beginner Karate</b>              | 5:30-6:30 pm<br><b>Intermediate Karate</b>          | 5:30-6:30 pm<br><b>Intermediate Weapons</b>         |   |   |
| 6:30-8:00 pm<br><b>Advanced Karate</b>                | 6:30-8:00 pm<br><b>Advanced Karate</b>              | 6:30-8:00 pm<br><b>Advanced Karate</b>              | 6:30-8:00 pm<br><b>Advanced Karate</b>              | 6:30-7:30 pm<br><b>Advanced Weapons</b>             |   |   |



