



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			8:00-9:00am Adult kickboxing
					9:00-10:00 am Competition team	
8:00-9:00am Adult kickboxing	8:00-9:00am Adult kickboxing	8:00-9:00am Adult kickboxing	8:00-9:00am Adult kickboxing	8:00-9:00am Adult kickboxing	10:15-12:00 am Elite training	
PRIVATE LESSONS AVAILABLE CALL US AT (516) 596-7824						
3:30- 4:15 pm Little Tigers (3-5 years)	3:30- 4:15 pm Little Tigers (3-5 years)	3:30- 4:15 pm Little Tigers (3-5 years)	3:30- 4:15 pm Little Tigers (3-5 years)	3:30- 4:15 pm Little Tigers (3-5 years)	BIRTHDAY PARTIES!!! Let us celebrate your birthday with you! 	
4:30-5:15 Beginner Karate	4:30-5:15 Beginner Karate	4:30-5:15 Beginner Karate	4:30-5:15 Beginner Karate	4:30-5:15 Beginner Karate		
5:30- 6:15 pm Intermediate Karate	5:30- 6:15 pm Intermediate Karate	5:30- 6:15 pm Intermediate Karate	5:30- 6:15 pm Intermediate Karate	5:30- 6:30 pm Weapons		
6:30-7:15 pm Purple/brown belt Karate	6:30-7:15 pm Purple/brown belt Karate	6:30-7:15 pm Purple/brown belt Karate	6:30-7:15 pm Purple/brown belt Karate			
7:30- 8:15pm Black Belt Karate	7:30- 8:15pm Black Belt Karate	7:30- 8:15pm Black Belt Karate	7:30- 8:15pm Black Belt Karate			
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