



SKA USA SCHEDULE

141 Main Street, East Rockaway NY (516) 596-7824 skausa.dojo@gmail.com





@skausadojo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30-6:30am		5:30-6:30am			8:00-9:00am
	Adult kickboxing		Adult kickboxing			Adult kickboxing
					9:00-10:00 am	
8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	Competition team	
Adult kickboxing	Adult kickboxing	Adult kickboxing	Adult kickboxing	Adult kickboxing		
Addit kickboxilig	Addit Kickboxilig	Addit Rickboxing	Addit Rickboxillg	Addit Kickboxilig	10:15-12:00 am	
					Elite training	
	PRIVATE I	LESSONS A	VAILABLE			
	CALL	US AT (516) 596	-7824			
	CALL	03 AT (310) 330	7024			
3:30- 4:15 pm	3:30- 4:15 pm	3:30- 4:15 pm	3:30- 4:15 pm	3:30- 4:15 pm		
Little Tigers	Little Tigers	Little Tigers	Little Tigers	Little Tigers		I ▲
(3-5 years)	(3-5 years)	(3-5 years)	(3-5 years)	(3-5 years)		
4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15		
Beginner Karate	Beginner Karate	Beginner Karate	Beginner Karate	Beginner Karate	BIRTHDAY PARTIES!!!	
5:30- 6:15 pm	5:30- 6:15 pm	5:30- 6:15 pm	5:30- 6:15 pm	5:30- 6:30 pm	l .	
Intermediate	Intermediate	Intermediate	Intermediate	Weapons	Let us celebrate	
Karate	Karate	Karate	Karate		your birthday with	1/6
6:30-7:15 pm	6:30-7:15 pm	6:30-7:15 pm	6:30-7:15 pm		you!	
Purple/brown belt	Purple/brown	Purple/brown	Purple/brown			
Karate	belt Karate	belt Karate	belt Karate			
7.00 0.45	7:30- 8:15pm	7:30- 8:15pm	7:30- 8:15pm			
7:30- 8:15pm		Black Belt Karate	Black Belt Karate			
7:30- 8:15pm Black Belt Karate	Black Belt Karate	Diack beit Karate	Diagn Den Rai ate			
	8:30-9:15 pm	8:30-9:15 pm	8:30-9:15 pm			

• Facility is cleaned and sanitized in between every class