

KEMPO MARTIAL ARTS AND FITNESS OF MANORVILLE
(631) 395-6876 website: kempomanorville.com

Please Note! This schedule as well as Zumba and Kickboxing are available on our website 24/7.

Winter/Spring 2012

Martial Arts Schedule Effective Saturday, January 10, 2012

Little Tigers 4-6 yrs old, Young Warriors 6-8 yrs old, Young Adults 8-12, Teens 13-16 and Adults 17 & up.

Private Lessons available before regularly scheduled classes NOTE! SCHEDULE SUBJECT TO CHANGE

Monday Little Tigers (as scheduled only) 4:25 – 4:55
 Young Warriors All Ranks 5:05 – 5:50
 Young Adults White to Blue Stripe 5:55 – 6:55
 Adult and Teen Open 7:00 – 8:00

Tuesday Little Tigers (as scheduled only) 4:25 – 4:55
 Young Warriors White, Yellow, Orange 5:05 – 5:50
 Young Adults White to Blue Stripe 5:55 – 6:55
 Young Adults Green to Brown Candidate 7:00 – 8:00

Wednesday Little Tigers (as scheduled only) 4:25 – 4:55
 Young Warriors White, Yellow, Orange 5:05 – 5:50
 Young Adults Green and Green Stripe 5:55 – 6:55
 Adult and Teens Open All Ranks 7:00 – 8:00

Thursday Young Warriors All Ranks 4:30 – 5:15
 Young Adults Brown and Up 5:20 – 6:20
 Black Belts (please attend) 6:25 – 7:25

Friday Little Tigers (as scheduled only) 4:30 – 5:00
 Young Warriors All Ranks 5:05 – 5:50
 Young Warriors Sparring 2nd & 4th Friday 5:55 – 6:50
 Teen & Young Adult Sparring 1st & 3rd Friday 5:55 – 6:50
 Sparring Classes are now included in our regular program and doesn't count as a class for 2 time a week students.

Saturday Teens & Adults Open 9:35 – 10:35
Young Warriors All Ranks* **10:45 – 11:30**
Young Adult All Ranks* **11:40 – 12:40**

Sunday Closed classes will be scheduled as needed

See separate schedule for Zumba
See separate schedule for Cardio Kickboxing

Note! Any problem with making classes or vacation conflicts please let us know. We will work out a solution with make-ups and private lessons. Extra weapons classes will be added as needed. Semi-private lessons also available

2012 Holiday Closing Schedule

We are open 6 days a week, closed Sunday, all year except the following (subject to change).

May 26, 27, 28	Memorial Day
July 3, 4, 5	July 4th
Sept. 3	Labor Day
Oct. 31	Halloween
Oct. 8	Columbus Day
Nov. 22, 23	Thanksgiving
Dec. 23, 24, 25	Christmas
Dec. 31, Jan. 1	New Year