

# Kempo Martial Arts and Fitness of Manorville

(631) 395-6876 website: [kempomanorville.com](http://kempomanorville.com)

## Summer/Fall 2010

### Martial Arts Schedule Effective Monday, July 26, 2010

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**

#### Young Warriors White to Blue Stripe

Monday 5:05 – 5:50	Friday 4:30 – 5:15
Tuesday 5:05 – 5:50	Saturday 1:55 – 2:40
Thursday 5:05 – 5:50	Sunday 12:15 – 1:00

#### Young Adults

##### White to Blue Stripe

Monday 5:55 – 6:55
Tuesday 5:55 – 6:55
Friday 5:20 – 6:20
Saturday 12:50 – 1:50
Sunday 10:05 – 11:05

#### Young Adults

##### Green and Green Stripe

Wednesday 5:40 – 6:40
Saturday 11:45 – 12:45
(If needed you may attend Brown Belt Tuesday or Thursday class)

#### Young Adults Brown & Up

Tuesday 7:00 – 8:00
Wednesday 6:45 – 7:45
Thursday 5:55 – 6:55
Saturday 10:40 – 11:40 AM

#### Black Belt All Ages

Thursday 7:00 – 8:00
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#### Adults and Teens Open

All Ranks

Monday 7:00 – 8:00
Wednesday 7:55 – 8:55
Saturday 9:35 – 10:35 AM
Sunday 9:00 – 10:00 AM

#### Little Tigers

Assigned classes,  
Monday, Tuesday,  
Wednesday and Thursday.

We are open 7 days a week all year except (subject to change).

April 4	Easter Sunday
May 9	Mother's Day
May 30, 31	Memorial Day
June 20	Father's Day
July 3, 4, 5	July 4 <sup>th</sup>
Sept. 6	Labor Day
October 31	Halloween
Nov. 25, 26	Thanksgiving
Dec. 24, 25, 26	Christmas
Dec. 31, Jan. 1	New Year

#### Young Adults Green and Up

Sunday 11:10 – 12:10
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#### Sparring

Young Warriors 2<sup>nd</sup> and 4<sup>th</sup>  
Friday 6:25 – 7:15  
Young Adults 1<sup>st</sup> and 3<sup>rd</sup>  
Friday 6:25 – 7:15  
Adults and Teens 1<sup>st</sup> and 3<sup>rd</sup>  
Wednesday 7:55 – 8:55  
Sparring is optional. Bring your gear if you want to spar.