

**KEMPO MARTIAL ARTS AND FITNESS OF MANORVILLE****(631) 395-6876 website: kempomanorville.com****Summer/Fall 2010****Martial Arts and Kickboxing 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 &amp; up.

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

<b><u>Monday</u></b>	Little Tigers (as scheduled only)	4:25 – 4:55
	Young Warriors White to Blue Stripe	5:05 – 5:50
	Young Adults White to Blue Stripe	5:55 – 6:55
	Adult and Teen Open	7:00 – 8:00
	<b><i>Cardio Kickboxing w/Core</i></b>	<b>8:05 – 9:05</b>

<b><u>Tuesday</u></b>	Little Tigers (as scheduled only)	4:25 – 4:55
	Young Warriors White to Blue Stripe	5:05 – 5:50
	Young Adults White to Blue Stripe	5:55 – 6:55
	Young Adults Brown and Up	7:00 – 8:00
	<b><i>Cardio Kickboxing PLUS*</i></b>	<b>8:05 – 9:05</b>

<b><u>Wednesday</u></b>	Little Tigers (as scheduled only)	4:25 – 4:55
	Little Tigers (as scheduled only)	5:05 – 5:35
	Young Adults Green and Green Stripe	5:40 – 6:40
	Young Adults Brown & Up	6:45 – 7:45
	Adult and Teens (Bring Sparring Gear)	7:55 – 8:55
	(Sparring is optional- 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday, regular class also taught)	

<b><u>Thursday</u></b>	Little Tigers (as scheduled only)	4:30 – 5:00
	Young Warriors White to Blue Stripe	5:05 – 5:50
	Young Adults Brown and Up	5:55 – 6:55
	<u>All Ages Black Belts (please attend)</u>	7:00 – 8:00
	<b><i>Cardio Kickboxing PLUS*</i></b>	<b>8:05 – 9:05</b>

<b><u>Friday</u></b>	Young Warriors OPEN All Ranks	4:30 – 5:15
	Young Adults White to Blue Stripe	5:20 – 6:20
	Young Warriors *Sparring	6:25 – 7:15 Meets 2 <sup>nd</sup> & 4 <sup>th</sup> Friday
	Young Adults All Ranks *Sparring	6:25 – 7:15 Meets 1 <sup>st</sup> and 3 <sup>rd</sup> Friday
	<b>Sparring Classes are now included in our regular program and doesn't count as a class for 2 time a week students.</b>	

<b><u>Saturday</u></b>	<b><i>Cardio Kickboxing Plus</i></b>	<b>8:30 – 9:30</b>
	Teens & Adults Open	9:35 – 10:35
	Young Adults Brown & up	10:40 – 11:40
	Young Adult Green & Green Stripe	11:45 – 12:45
	Young Adults White to Blue Stripe	12:50 – 1:50
	Young Warriors White to Blue Stripe	1:55 – 2:40

<b><u>Sunday</u></b>	Teens & Adults Open	9:00 – 10:00
	Young Adults White to Blue Stripe	10:05 – 11:05
	Young Adults Green & up	11:10 – 12:10
	Young Warriors White to Blue Stripe	12:15 – 1:00

**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**

**2010 Holiday Closing Schedule**  
**We are open 7 days a week all year except (subject to change).**

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

Cardio Kickboxing is for Adults and *Teens 14 & up accompanied by a parent.* \*PLUS includes Cardio Kickboxing, ABS, Bag Work, Circuit Training and other strength training.