



Zanshin Self Defense Academy - 516-364-1912

HEAD INSTRUCTOR - SENSEI KAREN LAMB

STARTS MONDAY, SEPTEMBER 10th



Pee Wee Ages 4-6

Junior Ages 7-12

Teens & Adults 13+

		4:15 - 5:00	5:30 - 6:15	6:30 -7:15	7:30 - 8:30
Monday		Pee Wee Yellow & Higher	CHILDREN'S BLACK BELT CLUB	Junior Green Stripe & Higher	Adult Open
		4:15 - 5:00	5:30 - 6:15	6:30 -7:30	
Tuesday		Pee Wee Beginner	Junior Orange Stripe & Higher	Adult Open	
Wednesday					
		4:15 - 5:00	5:30 - 6:15	6:45 -7:30	7:45 - 8:45
Thursday		Pee Wee Beginner	Junior White thru Orange Stripe	Junior Orange & Higher	Adult Open
		4:30 - 5:15	5:30 - 6:15	6:30 -7:15	
Friday		Pee Wee Yellow & Higher	CHILDREN'S BLACK BELT CLUB	Junior Green Stripe & Higher	
		9:30 - 10:15	10:45 - 11:30	12:00 -12:45	1:00 -1:45
Saturday		Pee Wee Beginner	Pee Wee Yellow & Higher	Junior Orange Stripe & Higher	Junior White thru Yellow

*Please check announcement board for all school closings and holidays!
Sensei Karen has the right to change the class schedule based on class participation.
Look us up at zanshinselfdefense.com*