



Zanshin Self Defense Academy - 516-364-1912
HEAD INSTRUCTOR - SENSEI KAREN LAMB
STARTS THURSDAY, SEPTEMBER 6th



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

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