



Zanshin Self Defense Academy - 516-364-1912
HEAD INSTRUCTOR - SENSEI KAREN LAMB
STARTS SEPTEMBER 9TH



Pee Wee Ages 4-6

Junior Ages 7-12

Teens & Adults 13+

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

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