

True ChampionZ Martial Arts

Westchester Krav Maga

(914) 813-8000

www.TrueChampionZ.com

www.WestchesterKravMaga.com

November, 2017

21 Quaker Ridge Road, New Rochelle, NY 10804

(in the Quaker Ridge Mall)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am Kickboxing Conditioning & Fitness		9:00-10:00am Kickboxing Conditioning & Fitness		9:00-10:00 Kickboxing Conditioning & Fitness	9:00-10:00am Adult/Teen KRAV MAGA All Levels	
					10:15-10:45am Tiny Tigers Black Belt Club KARATE (4-6 yrs)	10:15am – 11:15am Adult/Teen KRAV MAGA All Levels
3:40-4:10pm Tiny Tigers Basic KARATE (4-6 yrs)		3:40-4:10pm Tiny Tigers Black Belt Club KARATE (4-6 yrs)	3:40-4:10pm Tiny Tigers Basic KARATE (4-6 yrs)		11am - 11:50am KRAV MAGA Kids (6-12yrs) Belts Only	
4:25-4:55pm Tiny Tigers Black Belt Club KARATE (4-6 yrs)		4:25-5:00pm Jr. Basic & Jr. Black Belt KARATE ALL BELTS (7-12 Yrs)	4:25-5:10pm Jr. Black Belt Club KARATE Belts: Orange & Up (7-12 Yrs)		12:05 – 12:35pm Tiny Tigers Basic KARATE (4-6 yrs)	12:20pm - 1:20pm KRAV MAGA Kids (6-12 Yrs) All Levels
5:15-6:00pm Jr. Basic & Jr. Black Belt KARATE ALL BELTS (7-12 Yrs)	5:00-5:30pm Tiny Tigers Basic KARATE (4-6 Yrs)	5:15-5:45pm Tiny Tigers Basic KARATE (4-6 Yrs)	5:25-6:15pm KRAV MAGA Kids (6-12Yrs) All Levels	5:00-5:30pm Tiny Tigers Black Belt Club KARATE (4-6 Yrs)	12:50pm-1:35pm Jr. Basic & Jr. Black Belt Club KARATE (7-12 Yrs)	
6:15-7:05pm KRAV MAGA Kids (6-12Yrs) All Levels	5:45-6:20pm Jr. Basic & Jr. Black Belt Club KARATE (7-12 Yrs) ALL BELTS	6:00-6:50pm KRAV MAGA Kids (6-12Yrs) All Levels		5:00-6:15pm Teen / Adult KARATE ZANSHIN*		
	6:35-7:30pm KRAV MAGA Basic Adult/Teen		6:30-7:20pm KRAV MAGA Basic Adult/Teen	6:30-7:20pm Family & Teen/Adult KARATE		
7:30-8:20pm Teen/ Adult KARATE ZANSHIN*	7:45-8:35pm Family Karate & Teen/Adult KARATE	7:30-8:20pm Teen & Adult KARATE ZANSHIN*	7:35-8:25pm Family Karate & Teen/Adult KARATE	7:35-8:35pm KRAV MAGA Yellow & up Adult/Teen		<i>Birthday Parties Available</i>
8:40-9:40pm KRAV MAGA All Levels Adult/Teen	8:45-9:45pm KRAV MAGA Orange & Up Adult/Teen	8:40-9:40pm KRAV MAGA Basic Adult/Teen	8:45-9:45pm KRAV MAGA Yellow & Up Adult/Teen	8:45-9:45pm KRAV MAGA Basic Adult/Teen		

Krav Maga Israeli Self Defense Martial Art Training & Instruction as per the Supervision of the KRAV MAGA FEDERATION.

Traditional Shotokan Karate Training & Instruction as per the Supervision of the SHOTOKAN KARATE DO of the UNITED NATIONS.

*ZANSHIN Karate Class: Advanced Traditional High Performance Shotokan Karate Classes.