

# True ChampionZ Martial Arts

# Westchester Krav Maga

(914) 813-8000

www.TrueChampionZ.com

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Winter 2019 (Starts Jan 2, 2019) 21 Quaker Ridge Road, New Rochelle, NY 10804

(in the Quaker Ridge Mall)

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

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

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 (4-7 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 (4-7 yrs)	3:40-4:10pm Tiny Tigers Basic KARATE (4-6 yrs)		11:00am - 11:50am KRAV MAGA Kids (6-12 Yrs) Belts Only	
4:25-4:55pm Tiny Tigers Black Belt Club KARATE (4-7 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)		12:05pm – 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 (6-12 Yrs) All Levels	5:15-6:05pm KRAV MAGA Kids (6-12 Yrs) All Levels	12:50pm- 1:35pm Jr. Basic & Jr. Black Belt Club KARATE (7-12 Yrs)	
6:15-7:05pm KRAV MAGA Kids(6-12 Yrs) All Levels	5:30-6:20pm KRAV MAGA Kids (6-12 Yrs) Yellow & Up	6:00-6:50pm KRAV MAGA Kids (6-12 Yrs) All Levels				
	6:35-7:30pm KRAV MAGA Basic Adult/Teen		6:30-7:20pm KRAV MAGA Basic Adult/Teen	6:30-7:20pm KARATE Kids/Teen/Adult All Levels & Belts Incl. ZANSHIN*		
7:30-8:20pm Teen/ Adult KARATE ZANSHIN*	7:45-8:35pm KARATE Kids/Teen/Adult All Levels & Belts Incl. ZANSHIN*	7:30-8:20pm Teen & Adult KARATE ZANSHIN*	7:35-8:25pm KARATE Kids/Teen/Adult All Levels & Belts Incl. ZANSHIN*	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		

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