

# True ChampionZ Martial Arts Westchester Krav Maga

**(914) 813-8000**

**www.TrueChampionZ.com**

**www.WestchesterKravMaga.com**

Winter 2020

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 KRAV MAGA All Levels Adult/Teen	
					10:15-10:45am Tiny Tigers KARATE (4-7yrs) Black Belt Club	10:15am – 11:15am KRAV MAGA All Levels Adult/Teen
3:40-4:10pm Tiny Tigers KARATE (4-6yrs) Basic		3:40-4:10pm Tiny Tigers KARATE (4-7yrs) Black Belt Club	3:40-4:10pm Tiny Tigers KARATE (4-6yrs) Basic		11:00am -11:50am KRAV MAGA Kids (6-12yrs) Yellow Stripe & Up	
4:25-4:55pm Tiny Tigers KARATE (4-7 yrs) Black Belt Club		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 KARATE (4-6 yrs) Basic	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 KARATE (4-6 yrs) Basic	5:15-5:45pm Tiny Tigers KARATE (4-6 yrs) Basic	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				
	6:30-7:20pm KRAV MAGA Kids (6-12 yrs) Basic		6:30-7:20pm KRAV MAGA Basic Adult/Teen	6:30-7:20pm KARATE Kids/Teen/Adult All Levels & Belts Incl. ZANSHIN*		<i>Fun Birthday Parties Available!</i>
7:30-8:20pm KARATE Kids/Teen/Adult All Levels & All Belts Incl. ZANSHIN*	7:30-8:25pm KRAV MAGA All Levels Adult/Teen	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		
8:40-9:40pm KRAV MAGA All Levels Adult/Teen	8:40-9:40pm 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.