

True ChampionZ Martial Arts

Westchester Krav Maga

www.TrueChampionZ.com

(914) 813-8000

www.WestchesterKravMaga.com

August 31-September 30, 2020 ONLINE & OUTDOOR CLASS SCHEDULE

For Online Classes please login 5 minutes before your class time. For Outdoor Classes please Arrive 20 minutes before your class time.

MONDAY Online	TUESDAY Online	WEDNESDAY Online	THURSDAY Online	FRI DAY	SATURDAY Outdoors	SUNDAY Outdoors
4:30-5:00pm KARATE TINY TIGERS (4-7 yrs) BASIC & BLACK BELT CLUB <i>All Tiny Tigers Karate Levels</i>	4:30-5:15pm KARATE JR. BASIC & JR. BLACK BELT CLUB & FAMILY & TEEN & ADULT ALL LEVELS & ALL BELTS (7-80 yrs)	4:30-5:00pm KARATE TINY TIGERS BASIC (4-7 yrs) <i>No Belts & White Belts & Yellow Belts</i>	4:30-5:00pm KARATE TINY TIGERS BLACK BELT CLUB (4-7 yrs) <i>Orange Stripe Belts & up</i>		9:00am - 9:45am KRAV MAGA ALL AGES ORANGE BELTS & UP	9:00am - 9:45am KRAV MAGA ALL AGES ORANGE BELTS & UP
5:30-6:15pm KRAV MAGA KIDS (6-12 yrs) BASIC <i>No Belts & White Belts</i>	5:30-6:15pm KRAV MAGA KIDS (6-12 yrs) YELLOW BELTS & UP	5:30-6:15pm KARATE JR. BASIC & JR. BLACK BELT CLUB & FAMILY KARATE & TEEN & ADULT GREEN BELTS & UP (7-80 yrs)	5:30-6:15pm KRAV MAGA KIDS (6-12 yrs) ALL LEVELS <i>No Belts & All Belts</i>		10:00am - 10:45am KRAV MAGA ALL AGES BASIC <i>No Belts, White Belts, & Yellow Belts White Stripe, Yellow Belts Orange Stripe & Yellow Belts</i>	10:00am - 10:45am KRAV MAGA ALL AGES BASIC <i>No Belts, White Belts, & Yellow Belts White Stripe, Yellow Belts Orange Stripe & Yellow Belts</i>
6:30-7:15pm KARATE ALL AGES & ALL LEVELS (4-80 yrs) <i>No Belts & All Belts</i>			6:30-7:15pm KARATE ALL AGES & ALL LEVELS (4-80 yrs) <i>No Belts & All Belts</i>		11:00am-11:45am KARATE ALL AGES & ALL LEVELS (4-80 yrs) <i>No Belts & All Belts</i>	11:00am-11:45am KARATE ALL AGES & ALL LEVELS (4-80 yrs) <i>No Belts & All Belts</i>
7:30-8:30pm KRAV MAGA ALL AGES & ALL LEVELS (6-80 yrs) <i>No Belts & All Belts</i>	7:30-8:30pm KRAV MAGA TEEN/ADULT BASIC through Yellow <i>No Belts, White Belts & Yellow Belts</i>		7:30-8:30pm KRAV MAGA TEEN/ADULT ORANGE BELTS & UP			

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.