

True ChampionZ Martial Arts

Westchester Krav Maga

www.TrueChampionZ.com

(914) 813-8000

www.WestchesterKravMaga.com

December 1, 2020 – February 28, 2021 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 + Outdoors	TUESDAY Online	WEDNESDAY Online + Outdoors	THURSDAY Online	FRI DAY	SATURDAY Outdoors	SUNDAY Outdoors
<p>Online 4:30-5:00pm <u>KARATE</u> TINY TIGERS (4-7 yrs) BASIC & BLACK BELT CLUB <i>All Tiny Tigers Karate Levels</i></p>	<p>Online 4:30-5:15pm <u>KARATE</u> JR. BASIC & JR. BLACK BELT CLUB & FAMILY & TEEN & ADULT ALL LEVELS & ALL BELTS (7-80 yrs)</p>	<p>Online 4:30-5:00pm <u>KARATE</u> TINY TIGERS BASIC (4-7 yrs) <i>No Belts & White Belts & Yellow Belts</i></p>	<p>Online 4:30-5:00pm <u>KARATE</u> TINY TIGERS BLACK BELT CLUB (4-7 yrs) <i>Orange Stripe Belts & up</i></p>		<p><i>Outdoors</i> 9:00am - 9:45am <u>KRAV MAGA</u> ALL AGES ORANGE BELTS & UP</p>	<p><i>Outdoors</i> 9:00am - 9:45am <u>KRAV MAGA</u> ALL AGES ORANGE BELTS & UP</p>
	<p>Online 5:30-6:15pm <u>KRAV MAGA</u> KIDS (6-12 yrs) ALL LEVELS <i>No Belts & All Belts</i></p>		<p>Online 5:30-6:15pm <u>KRAV MAGA</u> KIDS (6-12 yrs) ALL LEVELS <i>No Belts & All Belts</i></p>		<p><i>Outdoors</i> 10:00am - 10:45am <u>KRAV MAGA</u> ALL AGES BASIC <i>No Belts, White Belts, & Yellow Belts White Stripe, Yellow Belts Orange Stripe & Yellow Belts</i></p>	<p><i>Outdoors</i> 10:00am - 10:45am <u>KRAV MAGA</u> ALL AGES BASIC <i>No Belts, White Belts, & Yellow Belts White Stripe, Yellow Belts Orange Stripe & Yellow Belts</i></p>
<p><i>Outdoors</i> 6:30pm - 7:15pm <u>KARATE</u> ALL AGES & ALL LEVELS (4-80 yrs) <i>No Belts & All Belts</i></p>		<p><i>Outdoors</i> 6:30pm - 7:15pm <u>KRAV MAGA</u> ALL AGES & ALL LEVELS (4-80 yrs) <i>No Belts & All Belts</i></p>	<p>Online 6:30-7:15pm <u>KARATE</u> ALL AGES & ALL LEVELS (4-80 yrs) <i>No Belts & All Belts</i></p>		<p><i>Outdoors</i> 11:00am - 11:45am <u>KARATE</u> ALL AGES & ALL LEVELS (4-80 yrs) <i>No Belts & All Belts</i></p>	<p><i>Outdoors</i> 11:00am - 11:45am <u>KARATE</u> ALL AGES & ALL LEVELS (4-80 yrs) <i>No Belts & All Belts</i></p>
<p><i>Outdoors</i> 7:30pm - 8:15pm <u>KRAV MAGA</u> ALL AGES & ALL LEVELS (6-80 yrs) <i>No Belts & All Belts</i></p>	<p>Online 7:30-8:30pm <u>KRAV MAGA</u> TEEN/ADULT BASIC through Yellow <i>No Belts, White Belts & Yellow Belts</i></p>	<p><i>Outdoors</i> <u>KARATE</u> 7:30 - 8:15pm ALL AGES & ALL LEVELS (6-80 yrs) <i>No Belts & All Belts</i></p>	<p>Online 7:30-8:30pm <u>KRAV MAGA</u> TEEN/ADULT ORANGE BELTS & UP</p>			

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.