

True ChampionZ Martial Arts

www.TrueChampionZ.com

(914) 813-8000

Westchester Krav Maga

www.WestchesterKravMaga.com

March 1, 2022 – May 31, 2022 ONLINE & OUTDOOR SHOTOKAN KARATE & KRAV MAGA SELF-DEFENSE CLASS SCHEDULE

New Students Please Contact Us for Registration. For Outdoor Classes please Arrive 15 minutes before your class time. Online Classes please login 5 minutes before class.

MONDAY Online + Outdoors	TUESDAY Online	WEDNESDAY Outdoors	THURSDAY Online	FRI DA Y	SATURDAY Outdoors	SUNDAY Outdoors
<p>Online 4:30-5:00pm KARATE TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT ALL AGES <i>All LEVELS & All BELTS</i> (4-80+ yrs)</p>	<p>Online 4:45-5:15pm KARATE TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT ALL AGES <i>All LEVELS & All BELTS</i> (4-80+ yrs)</p>		<p>Online 4:45-5:15pm KARATE TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT ALL AGES <i>YELLOW BELTS & UP</i> (4-80+ yrs)</p>		<p><i>Outdoors at</i> <i>Davenport Park</i> 9:00am - 9:45am KRAV MAGA ALL AGES (7-80+ yrs) <i>ORANGE BELTS & UP</i></p>	<p><i>Outdoors at</i> <i>Davenport Park</i> 9:00am - 9:45am KRAV MAGA ALL AGES (7-80+ yrs) <i>ORANGE BELTS & UP</i></p>
	<p>Online 5:30-6:15pm KRAV MAGA KIDS & TEENS & ADULTS & FAMILY ALL AGES (6-80+ yrs) <i>All LEVELS</i> <i>No Belts & All Belts</i></p>	<p><i>Outdoors at</i> <i>Thomas Paine Cottage</i> 5:30pm - 6:15pm KARATE TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT All LEVELS & All BELTS (4-80+ yrs)</p>	<p>Online 5:30-6:15pm KRAV MAGA KIDS & TEENS & ADULTS & FAMILY ALL AGES (6-80+ yrs) <i>All LEVELS</i> <i>No Belts & All Belts</i></p>		<p><i>Outdoors at</i> <i>Davenport Park</i> 10:00am - 10:45am KRAV MAGA ALL AGES (6-80+ yrs) BASIC <i>No Belts, White Belts to</i> <i>Yellow Belts Orange Stripe</i></p>	<p><i>Outdoors at</i> <i>Davenport Park</i> 10:00am - 10:45am KRAV MAGA ALL AGES (6-80+ yrs) BASIC <i>No Belts, White Belts to</i> <i>Yellow Belts Orange Stripe</i></p>
<p><i>Outdoors at</i> <i>Thomas Paine Cottage</i> 6:30pm - 7:15pm KARATE TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT All LEVELS & All BELTS (4-80+ yrs)</p>		<p><i>Outdoors at</i> <i>Thomas Paine Cottage</i> 6:30pm - 7:15pm KRAV MAGA ALL AGES & FAMILY (6-80+ yrs) All LEVELS & All BELTS</p>	<p>Online 6:30-7:15pm KARATE TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT ALL AGES All LEVELS & All BELTS</p>		<p><i>Outdoors at</i> <i>Davenport Park</i> 11:00am - 11:45am KARATE ALL AGES & FAMILY All LEVELS & All BELTS (4-80+ yrs)</p>	<p><i>Outdoors at</i> <i>Davenport Park</i> 11:00am - 11:45am KARATE ALL AGES & FAMILY All LEVELS & All BELTS (4-80+ yrs)</p>
<p><i>Outdoors at</i> <i>Thomas Paine Cottage</i> 7:30pm - 8:15pm KRAV MAGA ALL AGES & FAMILY (6-80+ yrs) All LEVELS & All BELTS</p>	<p>Online 7:30-8:30pm KRAV MAGA KIDS & TEENS & ADULTS & FAMILY ALL AGES (6-80+ yrs) All LEVELS & All BELTS</p>		<p>Online 7:30-8:30pm KRAV MAGA 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 NATION

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