

## September 5, 2022 – December 31, 2022 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.*

MONDAY	TUESDAY	WEDNESDAY Outdoors	THURSDAY Outdoors	FRIDAY	SATURDAY Outdoors	SUNDAY Outdoors
		<p><i>Outdoors at Thomas Paine Cottage 6:30pm - 7:15pm <u>KARATE</u> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT <b>All LEVELS &amp; All BELTS</b> (4-80+ yrs)</i></p>	<p><i>Outdoors at Thomas Paine Cottage 5:30pm - 6:15pm <u>KARATE</u> TINY TIGERS &amp; JR.'s &amp; FAMILY &amp; TEEN &amp; ADULT <b>All LEVELS &amp; All BELTS</b> (4-80+ yrs)</i></p>		<p><i>Outdoors at Huguenot Park @ Braemar 10:00am - 10:45am <u>KRAV MAGA</u> ALL AGES &amp; FAMILY (6-80+ yrs) <b>All LEVELS &amp; All BELTS</b></i></p>	<p><i>Outdoors at Huguenot Park @ Braemar 10:00am - 10:45am <u>KRAV MAGA</u> ALL AGES &amp; FAMILY (6-80+ yrs) <b>All LEVELS &amp; All BELTS</b></i></p>
		<p><i>Outdoors at Thomas Paine Cottage 7:30pm - 8:15pm <u>KRAV MAGA</u> ALL AGES &amp; FAMILY (6-80+ yrs) <b>All LEVELS &amp; All BELTS</b></i></p>	<p><i>Outdoors at Thomas Paine Cottage 6:30pm - 7:15pm <u>KRAV MAGA</u> ALL AGES &amp; FAMILY (6-80+ yrs) <b>All LEVELS &amp; All BELTS</b></i></p>		<p><i>Outdoors at Huguenot Park @ Braemar 11:00am - 11:45am <u>KARATE</u> ALL AGES &amp; FAMILY <b>All LEVELS &amp; All BELTS</b> (4-80+ yrs)</i></p>	<p><i>Outdoors at Huguenot Park @ Braemar 11:00am - 11:45am <u>KARATE</u> ALL AGES &amp; FAMILY <b>All LEVELS &amp; All BELTS</b> (4-80+ yrs)</i></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**

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