

# East Coast Karate



733 Middle Country Road, Saint James NY 11780  
 (One block East of Carvel - Entrance in Back off Sunny Rd.)



631-862-1400

[www.teamkenpo.com](http://www.teamkenpo.com)

Rev. 10 May 2017

## Tigers (Ages 4 -7)

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tigers			5:15 - 6:00	5:15 - 6:00	4:45-5:30	10:30-11:15

## Dragons (Ages 8 - 15)

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White	Belt Class 5:30-6:00	Group Class 6:00-6:30	All Belts Group Class 6:00-6:30  Sparring Class 6:30	Group Class 6:00-6:30	Belt Class 5:30-6:00	Group Class 11:15-12:00  Sparring Class 12:00
	Group Class 6:00-6:30	Belt Class 6:30-7:00		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Yellow	Belt Class 5:30-6:00	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 5:30-6:00	
	Group Class 6:00-6:30	Belt Class 6:30-7:00		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Orange	Belt Class 5:30-6:00	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 5:30-6:00	
	Group Class 6:00-6:30	Belt Class 6:30-7:00		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Purple	Group Class 6:00-6:30	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 5:30-6:00	
	Belt Class 6:30-7:00	Belt Class 6:30 - 7:00		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Blue	Group Class 6:00-6:30	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 5:30-6:00	
	Belt Class 6:30-7:00	Belt Class 6:30 - 7:00		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Green	Group Class 6:00-6:30	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 5:30-6:00	
	Belt Class 6:30-7:00	Belt Class 6:30 - 7:00		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Brown	Group Class 6:00-6:30	Group Class 6:00-6:30		Group Class 6:00-6:30	Group Class 6:00-6:30	
	Belt Class 7:30-8:00	Belt Class 7:00-7:30		Belt Class 6:30-7:00	Belt Class 6:30-7:00	
BLACK	Group Class 6:00-6:30	Group Class 6:00-6:30		Belt Class 5:30-6:00	Group Class 6:00-6:30	
	Belt Class 7:30-8:00	Belt Class 7:00-7:30		Group Class 6:00-6:30	Belt Class 6:30-7:00	

## ADULTS

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-8:45	Piloxing 7:30	8:00-8:45		-----	-----