



East Coast Karate

3920 Merrick Road Seaford NY 11783
516-785-2725
WEB SITE WWW.TEAMKENPO.COM
Tigers (Ages 4-7)



BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Belts	-----	4:15-5:00	-----	4:15-5:00	5:00-5:45	11:45-12:30

Dragons (Ages 8-15)

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White	Belt Class 4:00-4:30	Belt Class 5:00-5:30	Belt Review Class 4:30-5:00	Group Class 5:30-6:00	Group Class 5:00-5:30	Group Class 11:45-12:30
	Group Class 5:00-5:30	Group Class 5:30-6:00	Skills/ Drills/Sparring 5:00-5:45	Belt Class 6:00-6:30	Belt Class 5:30-6:00	
Yellow	Belt Class 4:00-4:30	Belt Class 5:00-5:30	Belt Review Class 4:30-5:00	Group Class 5:30-6:00	Group Class 5:00-5:30	Cobra Club 11:00-11:45 Group Class 11:45-12:30 Sparring 12:30-1:15
	Group Class 5:00-5:30	Group Class 5:30-6:00	Skills/ Drills/Sparring 5:00-5:45	Belt Class 6:00-6:30	Belt Class 5:30-6:00	
Orange	Belt Class 4:30-5:00	Belt Class 5:00-5:30	Belt Review Class 4:30-5:00	Group Class 5:30-6:00	Group Class 5:00-5:30	
	Group Class 5:00-5:30	Group Class 5:30-6:00	Skills/ Drills/Sparring 5:00-5:45	Belt Class 6:00-6:30	Belt Class 6:00-6:30	
Purple	Belt Class 4:30-5:00	Group Class 5:30-6:00	Belt Review Class 4:30-5:00	Belt Class 5:00-5:30	Group Class 5:00-5:30	
	Group Class 5:00-5:30	Belt Class 6:30-7:00	Skills/ Drills/Sparring 5:00-5:45	Group Class 5:30-6:00	Belt Class 6:00-6:30	
Blue	Group Class 5:00-5:30	Group Class 5:30-6:00	Belt Review Class 4:30-5:00	Belt Class 5:00-5:30	Belt Class 4:00-4:30	
	Belt Class 5:30-6:00	Belt Class 6:30-7:00	Skills/ Drills/Sparring 5:00-5:45	Group Class 5:30-6:00	Group Class 5:00-5:30	
Green	Group Class 5:00-5:30	Group Class 5:30-6:00	Belt Review Class 4:30-5:00	Belt Class 5:00-5:30	Belt Class 4:00-4:30	
	Belt Class 5:30-6:00	Belt Class 6:30-7:00	Skills/ Drills/Sparring 5:00-5:45	Group Class 5:30-6:00	Group Class 5:00-5:30	
Brown	Group Class 5:00-5:30	Group Class 5:30-6:00	Belt Review Class 4:30-5:00	Group Class 5:30-6:00	Belt Class 4:30-5:00	
	Belt Class 6:00-6:30	Belt Class 6:00-6:30	Skills/ Drills/Sparring 5:00-5:45	Belt Class 6:30-7:00	Group Class 5:00-5:30	
BLACK	Belt Class 6:30-7:00	Group Class 5:30-6:00	Belt Review Class 4:30-5:00	Belt Class 7:00-7:30	Group Class 5:00-5:30	
	Group Class 7:00-8:00	Group Class 8:00-9:00	Skills/ Drills/Sparring 5:00-5:45	Group Class 7:30-8:30	-----	

ADULT CLASSES

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Belts	7:00-8:00		-----	7:45-8:45	-----	-----