

AMERICAN BLACK BELT ACADEMY

4875 Merrick Road Massapequa Park, NY 11762 - (516) 795-8531

This schedule is effective September 6, 2011.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 – 10:45 Power Yoga*	9:45 – 10:45 Kickboxing*	9:45 – 10:45 Body Sculpting*	9:45 – 10:45 Kickboxing*	9:45 – 10:45 Step Circuit*	8:30 – 9:30 Kickboxing*
	12:30 – 1:00 Tiny Tigers		12:30 – 1:00 Tiny Tigers		10:00 - 10:30am Tiny Tigers
					10:45 - 11:30am Little Dragons/Juniors Brown/Jr. Black Belts
4:00 – 4:45 Little Dragons Purple/Blue/Green	4:00 - 4:30 Tiny Tigers	4:00 – 4:45 Little Dragons Purple/Blue/Green	4:00 – 4:30 Tiny Tigers	4:00 – 4:45 Little Dragons White/Yellow/Orange	11:30 - 12:15 DEMO TEAM PRACTICE
4:45 - 5:30 BLACK BELT CLUB Sparring	4:45 - 5:30 Little Dragons White/Yellow/Orange	4:45 – 5:30 BLACK BELT CLUB Advanced Weapons	4:45 - 5:30 Little Dragons White/Yellow/Orange	4:45 - 5:30 BLACK BELT CLUB Sparring/Grappling	12:15 - 1:00 Little Dragons/Juniors All Belts
5:30 - 6:15 Little Dragons/Juniors Brown Belts	5:30 - 6:15 BLACK BELT CLUB Sparring	5:30 – 6:15 Little Dragons/Juniors Brown Belts	5:30 - 6:15 BLACK BELT CLUB Weapons	5:30 - 6:15 Juniors White-Green	1:00 – 2:00 Teens Kenpo Karate All Belts
6:15 – 6:45 Tiny Tigers	6:15 - 7:00 Little Dragons/Juniors Brown Belts	6:15 – 6:45 Tiny Tigers	6:15 - 7:00 Little Dragons/Juniors Brown Belts	6:15 - 7:00	
6:45 – 7:30 Little Dragons White/Yellow/Orange	7:00 - 7:45 Juniors White - Green	6:45 – 7:30 Little Dragons White/Yellow/Orange	7:00 – 7:45 Juniors White - Green	7:15 - 8:15 Teens/Adults Kenpo Karate	
7:30 – 8:15 Little Dragons Purple/Blue/Green	8:00 - 9:00 Adults Kenpo Karate	7:30 – 8:15 Little Dragons Purple/Blue/Green	8:00 - 9:00 Adults Kenpo Karate		
8:15 - 9:15 East West MMA		8:15 - 9:15 East West MMA			

Training Room #1

*Complimentary Babysitting Available for Morning Fitness Classes

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00 - 10:45am Little Dragons White/Yellow/Orange
4:00 – 4:45 Little Dragons White/Yellow/Orange		4:00 – 4:45 Little Dragons White/Yellow/Orange		4:00 – 4:45 Little Dragons Purple/Blue/Green	10:45 - 11:30am Little Dragons Purple/Blue/Green
4:45 – 5:30 BLACK BELT CLUB Sparring	4:45 - 5:30 Little Dragons Purple/Blue/Green	4:45 - 5:30 BLACK BELT CLUB Weapons	4:45 - 5:30 Little Dragons Purple/Blue/Green	4:45 – 5:15 Tiny Tigers	11:30 – 12:15 BLACK BELT CLUB Weapons
5:30 - 6:15 Junior Black Belts White – Brown Stripes	5:30 - 6:15 BLACK BELT CLUB Sparring	5:30 - 6:15 Juniors White-Green Belts	5:30 - 6:15 BLACK BELT CLUB Advanced Weapons	5:30 - 6:15 Little Dragons/Juniors Brown/Junior Black Belts	12:15 - 1:15 Adults Kenpo Karate
6:15 – 7:00 Juniors White - Green	6:15 - 7:00 Junior Black Belts White – Green Stripes	6:15 – 7:00 Junior Black Belts White – Brown Stripes	6:15 - 7:00 Junior Black Belts White – Green Stripes	6:15 – 7:15 East West MMA	1:15 - 2:15 East West MMA
7:00 - 8:00 Teens Kenpo Karate All Belts	7:00 – 7:45 Junior Black Belts Brown Stripes	7:00 - 8:00 Teens Kenpo Karate All Belts	7:00 – 7:45 Junior Black Belts Brown Stripes		
8:00 - 9:00 Adults Kenpo Karate	8:00 - 9:00 Kickboxing	8:00 - 9:00 Adults Kenpo Karate	8:00 - 9:00 Kickboxing		

Training Room #2

ADULT Private Lesson Program available upon request