



NEW GENERATION KARATE

184 New Hyde Park Road
(King Kullen Shopping Center)
Franklin Square, NY 11010
(516) 488-8700

www.NewGenerationKarate.com

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Class Schedule Effective October 1, 2019

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|---|--|--|--|--|---|
| 4:00 - 4:30 Mini Dragons ages 3-4 | 4:00 - 4:45 Karate Kids white - yellow | 4:00 - 4:30 Mini Dragons ages 3-4 | 4:00 - 4:45 Karate Kids orange - purple | 4:00 - 4:45 Little Dragons 5-6 years old | 8:30 - 9:30am Fitness Kickboxing |
| 4:30 - 5:15 Karate Kids white - yellow | 4:45 - 5:30 Little Dragons 5-6 years old | 4:30 - 5:15 Karate Kids white - yellow | 4:45 - 5:30 Little Dragons 5-6 years old | 4:45 - 5:30 Karate Kids white - yellow | 9:30 - 10:30am Teens/Adults All Ranks |
| 5:30 - 6:15 Karate Kids orange - purple | 5:30 - 6:15 Karate Kids orange - purple | 5:30 - 6:15 ALL Dragons 3-6 years old | 5:30 - 6:15 Karate Kids white - yellow | 5:30 - 6:15 Karate Kids orange - purple | 10:30 - 11:00am Mini Dragons ages 3-4 |
| 6:30 - 7:30 Fitness Kickboxing | 6:30 - 7:30 Fitness Kickboxing | 6:30 - 7:30 Fitness Kickboxing | 6:30 - 7:30 Fitness Kickboxing | 6:30 - 7:30 Fitness Kickboxing | 11:15am - 12:00pm Little Dragons ages 5-6 |
| 7:30 - 8:30 Teens/Adults All Ranks | 7:30 - 8:30 Teens/Adults All Ranks | 7:30 - 8:30 Teens/Adults All Ranks | 7:30 - 8:30 Teens/Adults All Ranks | 7:30 - 8:30 Teens/Adults All Ranks | 12:15 - 1:00pm Karate Kids white - yellow |
| 9:00 - 10:00 Fitness Kickboxing | 8:30 - 9:30 Black Belts Sparring | 9:30 - 10:30 Fitness Kickboxing | 8:30 - 9:30 Adults Green & up Sparring | | 1:15 - 2:00pm Karate Kids orange - purple |

*Saturday
Afternoon
BIRTHDAY
PARTIES
Available*

*Mini Dragons, Little Dragons & Karate Kids may train up to 3 CLASSES per week.
Teens and Adults may train as often as they would like.*

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