

Westchester Krav Maga

WestchesterKravMaga.com

(914) 813-8000

True ChampionZ Martial Arts

www.TrueChampionZ.com

Nov 30, 2022 – Jan 31, 2023 INDOOR 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>6:30pm - 7:15pm KARATE TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT <i>All LEVELS & All BELTS</i> (4-80+ yrs)</p>	<p>5:30pm - 6:15pm KARATE TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT <i>All LEVELS & All BELTS</i> (4-80+ yrs)</p>		<p>10:00am - 10:45am KRAV MAGA ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS & All BELTS</i></p>	<p>12:00pm - 12:45pm KRAV MAGA ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS & All BELTS</i></p>
		<p>7:30pm - 8:15pm KRAV MAGA ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS & All BELTS</i></p>	<p>6:30pm - 7:15pm KRAV MAGA ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS & All BELTS</i></p>		<p>11:00am - 11:45am KARATE ALL AGES & FAMILY <i>All LEVELS & All BELTS</i> (4-80+ yrs)</p>	<p>1:00pm - 1:45pm KARATE ALL AGES & FAMILY <i>All LEVELS & All BELTS</i> (4-80+ yrs)</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 JAPAN KARATE-DO INTERNATIONAL www.japankaratedointernational.com &

Traditional Japanese Shotokan Karate Training as per the Certification of the SHOTOKAN KARATE DO of the UNITED NATIONS.

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