

SHAOLIN

Self-Defense Centers

630 Sunrise Highway- West Babylon, NY 11704

631-321-1910

www.shaolinkempo.com

Class Schedule Begins 9-4-18

date printed: 8/9/2018

Monday

9:30 AM - 10:30 AM Kickboxing
11:00 AM - 12:00 PM Adults
4:00 PM - 4:45 PM Pee Wees
5:00 PM - 6:00 PM Beg/Int Juniors
6:00 PM - 7:00 PM Advanced Juniors
7:00 PM - 8:00 PM Teens Kickboxing
8:00 PM - 9:00 PM Adults
8:00 PM - 9:00 PM Kickboxing

Tuesday

4:00 PM - 4:45 PM Pee Wees
5:00 PM - 6:00 PM Advanced Juniors
6:00 PM - 7:00 PM Beg/Int Juniors
7:00 PM - 8:00 PM Teens
7:00 PM - 8:00 PM Kickboxing
8:00 PM - 9:00 PM Adults

Wednesday

9:30 AM - 10:30 AM Kickboxing
11:00 AM - 12:00 PM Adults
4:00 PM - 5:00 PM Open Juniors
5:00 PM - 6:00 PM Teens
6:00 PM - 6:45 PM Pee Wees
7:00 PM - 8:00 PM Kickboxing
7:00 PM - 8:00 PM Adults (White- Green Stripe)
8:00 PM - 9:00 PM Adults (Brown- Black Belts)

Thursday

4:00 PM - 4:45 PM Pee Wees
5:00 PM - 6:00 PM Advanced Juniors
6:00 PM - 7:00 PM Beg/Int. Juniors
7:00 PM - 8:00 PM Adults
7:00 PM - 8:00 PM Teens
8:00 PM - 9:00 PM Kickboxing

Friday

9:30 AM - 10:30 AM Kickboxing
11:00 AM - 12:00 PM Adults
4:00 PM - 5:00 PM Open Juniors
5:00 PM - 6:00 PM Teens
6:00 PM - 6:45 PM Pee Wees

Saturday

9:00 AM - 10:00 AM Adults
10:00 AM - 11:00 AM Kickboxing
10:00 AM - 10:45 AM Pee Wees
11:00 AM - 12:00 PM Open Juniors
12:15 PM - 1:15 PM Teens

