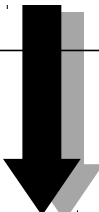






# INTERNATIONAL KARATE CENTER OF NY

## SUMMER SCHEDULE 2017

[www.adelkarate.com](http://www.adelkarate.com) \* (516) 536-7050

MON	TUES	WED	THURS	FRI	SAT	SUN
	Juniors (All Levels) 10:00-10:45		Juniors (All Levels) 10:00-10:45	Adult Karate Sensei Steve (All levels) 11:00-12:00	Kickboxing 8:00-9:00	Little Ninjas All levels 8:45 – 9:15
					Little Ninjas All levels 9:00-9:30	Juniors Blue & Above 9:15 – 10:00
Little Ninjas (All levels) 4:30-5:00	Juniors White Yellow & Orange 4:30-5:15	Little Ninjas All levels 5:00-5:30	Little Ninja (All levels) 4:15-4:45		Juniors Blue, Purple, Green 9:30 - 10:15	Juniors White, Yellow, Orange 10:00 – 10:45
Juniors Blue, Purple, Green 5:00-5:45	Little Ninjas Beginners 5:15-5:45	Juniors Brown and Black 5:30-6:15	Juniors White Yellow & Orange 4:45-5:30	Little Ninjas Advanced 4:45-5:15	Juniors White, Yellow, Orange 10:15-11:00	Fusion Fitness (Adults) w/ Sensei Brian 10:45 – 11:45
Juniors White, Yellow, Orange 5:45-6:30	Juniors Blue Purple & Green 5:45-6:30	Juniors Yellow, Orange 6:15-7:00	Juniors Blue Purple & Green 5:30-6:15	Juniors White, Yellow & Orange 5:15-6:00	Adults Kumite (All levels) 11:00-12:00	Private Lessons  and
Tournament Kata  6:30-7:30	Juniors Brown & Black 6:30- 7:15	Juniors White belts  7:00-7:30	Kids Fusion Fitness  6:15-7:00	Juniors Blue, Purple & Green 6:00-6:45	Juniors Brown and Black 12:00-1:00	Birthday Parties
Fusion Fitness (Adults) w/ Sensei Brian 7:30-8:30	Juniors White and yellow belts 7:15-8:00	Fusion Fitness (Adults) w/ Sensei Brian 7:30-8:30	Junior Brown and black belts 7:00-7:45	Juniors Brown & Black 6:45-7:45	Juniors White belts 1:00-1:45	
Adult Karate (All levels) 8:30-9:30	Weapons with Sensei Steve 7:30-8:15	Adult Karate Beginners 8:30-9:30	Kickboxing- Sensei Brian 7:45- 8:30	Tournament Kumite 7:45-8,45		
	Adult Karate (All levels) 8:15-9:30		Advanced Adults Karate 8:30-9:30			

**Refer A Friend And Get A Free Private Lesson**