




ADEL'S INTERNATIONAL KARATE

FALL 2016 SCHEDULE

www.adelskarate.com  516-536-7050

MON	TUES	WED	THURS	FRI	SAT	SUN
Little Tigers 1:30 - 2:00	Yellow & Orange Juniors 3:45 - 4:30	Adult Beginners Karate 10:00 - 11:00	Blue, Purple, Green Juniors 3:45 - 4:30	Adult Karate 11:00 - 12:00	Kickboxing 8:00 - 9:00	Ninja All Levels 9:00 - 9:30
White Belt Jr. 3:45 - 4:30	Advanced Ninja 4:30 - 5:00	Little Tigers 1:30 - 2:00	Ninja All Levels 4:30 - 5:00	White Belt Jr. 3:30 - 4:15	Advanced Ninja 9:00 - 9:30	Blue and Above 9:30 - 10:15
Ninja All Levels 4:30 - 5:00	White Belt Jr. 5:00 - 5:45	Brown & Black Juniors 3:30 - 4:15		Ninja All Levels 4:15 - 4:45	Ninja Beginner 9:30 - 10:00	Adult Fusion Fitness 10:15 - 11:15
Blue, Purple, Green Juniors. 5:00 - 5:45	Blue, Purple, Green Juniors 5:45 - 6:30	Ninja Beginner 4:15 - 4:45	White Belt Jr. 6:00 - 6:45	Yellow & Orange Juniors 4:45 - 5:30	White & Yellow Juniors 10:00 - 10:45	White, Yellow & Orange Jr. 11:15 - 12:00
Yellow & Orange Juniors 5:45 - 6:30	Brown & Black Juniors 6:30 - 7:30	Yellow, Orange, Blue Juniors 4:45 - 5:30	Brown & Black Juniors 6:45 - 7:30	Blue, Purple, Green Juniors 5:30 - 6:15	Adult Kumite 11:00 - 12:00	PRIVATE LESSONS & BIRTHDAY PARTIES
Brown & Black Juniors 6:30 - 7:30	Weapons 7:30 - 8:30	Kids Fusion Fitness 5:30 - 6:15	Kickboxing 7:30 - 8:30	Brown & Black Juniors 6:15 - 7:15	Orange & Blue Juniors 12:00 - 12:45	
Competition Team Kata (Beginners and Novice) 7:30 - 8:30	Adult Karate All Levels 8:30 - 9:30	Competition Team Kata (Advanced) 6:30 - 7:30	Adult Beginners Karate 8:30 - 9:30	Competition Team Kumite 7:15- 8:15	Purple & Green Juniors 12:45 - 1:30	
Adult Karate All Levels 8:30 - 9:30		Adult Fusion Fitness 7:30 - 8:30			Brown & Black Juniors 1:30 - 2:30	
		Advanced Adult Kata 8:30 - 9:30			Competition Team Kumite 3:00 - 4:00	

***** REFER A FRIEND AND GET A FREE PRIVATE LESSON *****