



WWW.Adelskarate.com

Phone #: (516) 536-7050

School Year Calender (2014–2015) Effective Mon. Sept. 1

Refer a friend, receive a Free Private Class*

Inquire about our Birthday Parties

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Adults Karate Beginners 11:00-12:00		Adults Karate 11:00-12:00	Kickboxing 8:00-9:00	Ninjas All Levels 9:15-9:45
					Ninjas Advanced 9:00-9:30	Orange & Above 9:45-10:30
White Belt Juniors 3:45-4:30	Yellow, Orange, & Blue KATA 3:30-4:15	Brown Belt 3:30-4:15	Ninja Beginners 3:30-4:00	White Belt Juniors 3:30-4:15	Ninjas Beginners 9:30-10:00	Fusion Fitness 10:30-11:30
Ninjas All Levels 4:30-5:00	Ninjas Advanced 4:15-4:45	Ninjas Beginners 4:15-4:45	Ninjas Advanced 4:00-4:30	Ninjas All Levels 4:15-4:45	White Belt Juniors 10:00-10:45	White & Yellow 11:30-12:15
Blue, Purple, & Green KATA 5:00-5:45	White Belt Juniors 4:45-5:30	Ninjas Advanced 4:45-5:15	Kids Fusion Fitness 4:30-5:15	Yellow & Orange KUMITE 4:45-5:30	Break 10:45-11:00	Birthday Parties & Private Lessons
Yellow & Orange KATA 5:45-6:30	Blue, Purple, & Green KATA 5:30-6:15	Yellow, Orange, & Blue 5:15-6:00	White Belt 5:15-6:00	Blue, Purple, & Green KUMITE 5:30-6:15	Adults All Belts KUMITE 11:00-12:00	
Brown & Black KATA 6:30-7:30	Brown & Black KATA 6:15-7:15	Black Belt 6:00-6:45	Blue,Purple & Green KATA 6:00-6:45	Brown & Black KUMITE 6:15-7:15	Yellow & Orange 12:00-12:45	
Fusion Fitness 7:30-8:30	Weapons 7:15-8:15	White Jr. 6:45-7:30	Brown & Black KATA 6:45-7:30	Private Lessons 7:15-8:15	Blue, Purple & Green 12:45-1:30	
Adult Karate All Belts 8:30-9:30	Adults Karate All Belts 8:15-9:15	Kickboxing 7:30-8:30	Kickboxing 7:30-8:30		Brown & Black 1:30-2:30	
		Adults Karate Beginners 8:30-9:30	Adults Karate Advanced KATA 8:30-9:30		Birthday Parties & Private Lessons	