

Millennium Martial Arts

385-11 Veterans Memorial Highway, Smithtown, New York 11787

631-499-0600

www.4selfdefense.com

Effective June 28, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-5:45pm Little Dragons Pre-K				8:30-9:30am Adult Karate
5:45-6:30pm Child & PT Intermediate Class	5:45-6:30pm Children & PT Beginner	6:00 - 6:45pm Child & PT Sparring	6:00-6:45pm Child & PT Beginner	6:00-7:00pm All Rank Open Floor Child & Adult	9:30 - 10:00am Little Dragons Pre-K
6:30 - 7:30pm Black Belt Club	6:30 - 7:30pm Black Belt Club	6:45-7:30pm Weapons Class	6:45-7:30pm Child & PT Intermediate Class		10:00 - 10:45am Child & PT Beginner
7:30-8:30pm Adult Karate	7:30-8:30pm Adult Karate	7:30-8:30pm Adult Karate	7:30-8:30pm Adult Karate		10:45-11:30am Child & PT Intermediate
		8:30-9:30pm Black Belt Training			11:30 - 12:00pm Black Belt Club Kobudo
					12:00-1:00pm Black Belt Club

Children (C) Ages 5-9

Pre Teen (PT) ages 10-12

Adults ages 13 & up

Beginner: White & Yellow Belts

Intermediate: Yellow/Black Stripe - Blue Belt

Advanced: Purple - Brown belt

Sparring Class: Ages 5- 12 yellow belt & up.

SUNDAY

**9:00-10:00am
Adult Karate**

Weapons class is designated for Adults, and Black belt club members

6/09