

Millennium Martial Arts

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

631-499-0600

www.4selfdefense.com

Effective January 9, 2012

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 Level 3	5:45-6:30pm Child Level 1	5:45 - 6:30pm Sparring Levels 2- BBC	5:45 - 6:30pm Child Level 1	5:45 - 6:30pm Child Level 3	9:30- 10:00am Little Dragons Pre-K
6:30 - 7:30pm Black Belt Club	6:30 - 7:15pm Child Level 2	6:30-7:15pm Weapons Class BBC & Adult	6:30 - 7:15pm Child Level 2	6:30-7:15pm Open Floor Level 2 & up - Adult	10:00 - 10:45am Child Level 1
7:30-8:30pm Adult Karate	7:15-8:00pm Black Belt Club	7:15-8:15pm Adult Karate	7:15-8:15pm Adult Karate		10:45-11:30am Child Level 2
8:30-9:30pm Yudansha	8:00 - 9:00pm Adult Karate	8:15-9:00pm Yudansha	8:15-9:00pm Yudansha		11:30 - 12:15pm Child Level 3
					12:15-1:30pm Black Belt Club

Level 1: White, White with Yellow Stripe

Sparring Class: Level 2 - BBC (age limit is 12)

Level 2: Yellow through Orange belt

Adults: 13 & up

Level 3: Orange Blk through Blue/Blk Stripe

YUDANSHA: Jr. & full rank Black belt

SUNDAY

9:00-10:00am
Adult Karate

Weapons class is designated for Adults, and Black Belt Club members

**** All Schedules are subject to change, we will do our best to provide 1-2 weeks notice.***

Rev: 1/9/2011