AMERICAN BLACK BELT ACADEMY

4875 Merrick Road Massapequa Park, NY 11762 - (516) 795-8531

This schedule is effective July 5th – August 27th 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30 **Kickboxing***	9:30 - 10:30 **Kickboxing***	9:30 - 10:30 **Kickboxing***	9:30 - 10:30 **Kickboxing***	9:30 - 10:30 **Fight Fit***	9:00 – 10:00 **Kickboxing**
	10:30 - 11:00 **Karate Kamp** **Tiny Tigers**		10:30 - 11:00 **Karate Kamp** **Tiny Tigers**		10:15 - 10:45 am **Tiny Tigers**
	11:00 -11:45 **Karate Kamp** **Little Dragons**		11:00 -11:45 **Karate Kamp** **Little Dragons**		10:45 - 11:30am **Little Dragons/Juniors** Brown/Jr. Black Belts
					11:30 - 12:15 **BLACK BELT CLUB** **Weapons/** **Demo Practice**
4:00 - 4:45 **Little Dragons** Purple/Blue/Green	4:00 - 4:30 **Tiny Tigers**	4:00 - 4:45 **Little Dragons** Purple/Blue/Green	4:00 - 4:30 **Tiny Tigers**	4:00 - 4:45 **Little Dragons** Purple/Blue/Green	
4:45 - 5:30 **BLACK BELT CLUB** Point Sparring	4:45 - 5:30 **Little Dragons** Purple/Blue/Green	4:45 - 5:30 **BLACK BELT CLUB** Weapons	4:45 - 5:30 **Little Dragons** Purple/Blue/Green	4:45 - 5:15 **Tiny Tigers**	
5:30 - 6:15 **Little Dragons/Juniors** Brown Belts	5:30 - 6:15 **BLACK BELT CLUB** Point Sparring	5:30 - 6:15 **Little Dragons/Juniors** Brown Belts	5:30 - 6:15 **BLACK BELT CLUB** Weapons	5:30 - 6:15 **Little Dragons/Juniors** Brown Belts and Junior Black Belts	
6:15 - 6:45 **Tiny Tigers**	6:15 - 7:00 **Little Dragons/Juniors** Brown Belts	6:15 - 6:45 **Tiny Tigers**	6:15 - 7:00 **Little Dragons/Juniors** Brown Belts		
6:45 - 7:30 **Little Dragons** White/Yellow/Orange	7:00 - 7:45 **Juniors**	6:45 - 7:30 **Little Dragons** White/Yellow/Orange	7:00 - 7:45 **Juniors**		
7:30 - 8:15 **Little Dragons** Purple/Blue/Green		7:30 - 8:15 **Little Dragons** Purple/Blue/Green			
Adults **Brazilian Jiu Jitsu**	8:00 - 9:00 **Fitness** **Kickboxing**	**Adults** **Brazilian Jiu Jitsu**	8:00 - 9:00 **Fitness** **Kickboxing**		

Training Room #1

*Complimentary Babysitting Available for Morning Fitness Classes and Monday/Wednesday/Friday Fight Fit classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 - 11:00 **Tiny Tigers**		10:30 - 11:00 **Tiny Tigers**		8:00 – 9:00 **Adults** Brazilian Jiu Jitsu
	11:00 -11:45 **Little Dragons/Juniors** White - Green		11:00 -11:45 **Little Dragons/Juniors** White - Green		9:00 – 10:00 **Adults** **Kenpo Karate**
	11:45 - 12:30 **Little Dragons/Juniors** Brown Belts and Junior Black Belts		11:45 - 12:30 **Little Dragons/Juniors** Brown Belts and Junior Black Belts		10:00 - 10:45am **Little Dragons** White/Yellow/Orange
					10:45 - 11:30am **Little Dragons** Purple/Blue/Green
4:00 - 4:45 **Little Dragons** White/Yellow/Orange	4:00 - 4:45 **Kids Jiu-Jitsu**	4:00 - 4:45 **Little Dragons** White/Yellow/Orange	4:00 - 4:45 **Kids Jiu-Jitsu**	4:00 - 4:45 **Little Dragons** White/Yellow/Orange	11:30 - 12:15 **Juniors** White - Green
4:45 - 5:30 **Kids Jiu-Jitsu**	4:45 - 5:30 **Little Dragons** **White/Yellow/Orange**	4:45 - 5:30 **Kids Jiu-Jitsu**	4:45 - 5:30 **Little Dragons** **White/Yellow/Orange**	4:45 - 5:30 **Kids Jiu-Jitsu**	
5:30 - 6:15 **Juniors /** **Kids Kickboxing**	5:30 - 6:15 **Little Dragons** **White/Yellow/Orange**	5:30 - 6:15 **Juniors /** **Kids Kickboxing**	5:30 - 6:15 **Little Dragons** **White/Yellow/Orange**	5:30 - 6:15 **Juniors /** **Kids Kickboxing**	
6:15 - 7:00 **Junior Black Belts** White - Brown Stripes	6:15 - 7:00 **Junior Black Belts** White – 1st Degree	6:15 – 7:00 **Junior Black Belts** White – Brown Stripes	6:15 - 7:00 **Junior Black Belts** White – 1st Degree	6:15 - 7:15 **Adults** **Fight Fit**	
7:00 - 8:00 **Adults** **Fight Fit**	7:00 - 8:00 **Adults** Brazilian Jiu Jitsu	7:00 - 8:00 **Adults** **Fight Fit**	7:00 - 8:00 **Adults** Brazilian Jiu Jitsu		
8:00 - 9:00 **Adults Kenpo Karate**	8:00 - 9:00 **Adults Kenpo Karate**	8:00 - 9:00 **Adults Kenpo Karate**	8:00 - 9:00 **Adults Kenpo Karate**		

Training Room #2

**ADULT Private Lesson Program available upon request