

AMERICAN BLACK BELT ACADEMY

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

This schedule is effective June 28, 2010. Revised

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 – 10:30 Pilates	9:30 – 10:30 Kickboxing	9:30 – 10:30 Body Sculpting		9:30 – 10:30 Kickboxing	9:00 – 10:00 Kickboxing
	10:30 – 11:00 Karate Kamp Tiny Tigers (4-5 yrs.)		10:30 – 11:00 Karate Kamp Tiny Tigers (4-5 yrs.)		10:00 – 10:30am Tiny Tigers
	11:00 – 11:45 Karate Kamp Little Dragons (5-8 yrs.)		11:00 – 11:45 Karate Kamp Little Dragons (5-8 yrs.)		10:45 – 11:30am Little Dragons/Juniors Brown/Jr. Black Belts
	12:00 – 12:30 Tiny Tigers		12:00 – 12:30 Tiny Tigers		11:30 – 12:15 DEMO TEAM PRACTICE
					12:15 – 1:00 Little Dragons/Juniors All Belts
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 White/Yellow/Orange	1:00 – 2:00 Teens Kenpo Karate All Belts
4:45 – 5:30 BLACK BELT CLUB Weapons	4:45 – 5:30 Little Dragons White/Yellow/Orange	4:45 – 5:30 BLACK BELT CLUB Sparring	4:45 – 5:30 Little Dragons White/Yellow/Orange	4:45 – 5:30 BLACK BELT CLUB Sparring/Grappling	
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	5:30 – 6:15 BLACK BELT CLUB Sparring	5:30 – 6:15 Juniors White-Green	
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	6:15 – 7:00	
6:45 – 7:30 Little Dragons White/Yellow/Orange	7:00 – 7:45 Juniors White - Green	6:45 – 7:30 Little Dragons White/Yellow/Orange	7:00 – 7:45 Juniors White - Green	7:15 – 8:15 Teens/Adults Kenpo Karate	
7:30 – 8:15 Little Dragons Purple/Blue/Green	8:00 – 9:00 Adults Kenpo Karate	7:30 – 8:15 Little Dragons Purple/Blue/Green	8:00 – 9:00 Adults Kenpo Karate		
8:15 – 9:15 East West MMA		8:15 – 9:15 East West MMA			

Training Room #1

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:00 – 11:45 Little Dragons/Juniors All Belts		11:00 – 11:45 Little Dragons/Juniors All Belts		10:00 – 10:45am Little Dragons White/Yellow/Orange
4:00 – 4:45 Little Dragons White/Yellow/Orange		4:00 – 4:45 Little Dragons White/Yellow/Orange		4:00 – 4:45 Little Dragons Purple/Blue/Green	10:45 – 11:30am Little Dragons Purple/Blue/Green
4:45 – 5:30 BLACK BELT CLUB Advanced Weapons	4:45 – 5:30 Little Dragons Purple/Blue/Green	4:45 – 5:30 BLACK BELT CLUB Sparring	4:45 – 5:30 Little Dragons Purple/Blue/Green	4:45 – 5:15 Tiny Tigers	11:30 – 12:15 BLACK BELT CLUB Weapons
5:30 – 6:15 Junior Black Belts White – Brown Stripes	5:30 – 6:15 BLACK BELT CLUB Advanced Weapons	5:30 – 6:15 Juniors White-Green Belts	5:30 – 6:15 BLACK BELT CLUB Sparring	5:30 – 6:15 Little Dragons/Juniors Brown/Junior Black Belts	12:15 – 1:15 Adults Kenpo Karate
6:15 – 7:00 Juniors White - Green	6:15 – 7:00 Junior Black Belts Wh/Yell/Or/Purple	6:15 – 7:00 Junior Black Belts White – Brown Stripes	6:15 – 7:00 Junior Black Belts Blue/Green/Brown	6:15 – 7:15 East West MMA	1:15 – 2:15 East West MMA
7:00 – 8:00 Teens Kenpo Karate All Belts	7:00 – 7:45 Junior Black Belts Blue/Green/Brown	7:00 – 8:00 Teens Kenpo Karate All Belts	7:00 – 7:45 Junior Black Belts Wh/Yell/Or/Purple		
8:00 – 9:00 Adults Kenpo Karate	8:00 – 9:00 Kickboxing	8:00 – 9:00 Adults Kenpo Karate	8:00 – 9:00 Kickboxing		
8:00 – 9:00 Body Sculpting	Training Room #2				

ADULT Private Lesson Program available upon request