



Island Martial Arts

3800 Richmond Avenue 718-967-6090



Hours	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 AM	ZUMBA	POUND	ZUMBA	Personal Training *Appointment Only*	ZUMBA
4:00 - 4:30 PM (3 - 5 yr old)	Pee – Wee Ninja Class	Pee – Wee Ninja Class	Pee – Wee Ninja Class	Pee – Wee Ninja Class	Pee – Wee Ninja Class
4:30 - 5:15 PM (5 - 8 yr old)	Advanced Ninja Class (Purple & Up)	Beginner Ninja Class (White – Blue)	Advanced Ninja Class (Purple & Up)	Beginner Ninja Class (White – Blue)	NINJA SPARRING ages 4-8 (ALL BELTS) 4:30-5:30
5:15 - 6:00 PM (5 - 8 yr old)	Beginner Ninja Class (White – Blue)	Advanced Ninja Class (Purple & Up)	Beginner Ninja Class (White – Blue)	Advanced Ninja Class (Purple & Up)	
5:00-6:00 PM Lower Level	Personal Training *Appointment Only*	KIDS MMA KICKBOXING	NINJA SPARRING *4:30-5:30*	KIDS MMA KICKBOXING	Personal Training *Appointment Only*
6:00 -7:30 PM Lower Level	Vadha Kempo	Personal Training *Appointment Only*	JUNIOR SPARRING *5:30-6:30*	Vadha Kempo	JUNIOR SPARRING ages 8-13
6:00 - 6:45 PM (8 - 11 yr old)	Beginner Junior Class (white-blue)	Junior Advanced (purple & above)	Beginner Junior Class (white-blue)	Junior Advanced (purple & above)	(ALL BELTS) 5:30-6:30
6:45-7:30 PM (8 - 12 yr old)	Junior Advanced (purple & above)	Beginner Junior Class (white-blue)	Junior Advanced (purple & above)	Beginner Junior Class (white-blue)	ALL Black Belt Training 6:30-7:30
7:30-8:30 PM Lower Level	Adult Class TKD/MMA (Age 12+)	Wing Chun Kung Fu Tai Chi	Adult Class TKD/ MMA (Age 12+)	Wing Chun Kung Fu Tai Chi	Bodan Class *6:30-7:30 PM*
7:30-8:30 PM	Personal Training *Appointment Only	Cardio Kickboxing	ZUMBA	Cardio Kickboxing	Second Degree Training *7:30-8:00*
8:30-9:30 PM	Personal Training *Appointment Only	ZUMBA	YOGA 8:40-9:40	ZUMBA	Personal Training *Appointment Only

Saturday Classes

9:45 - 10:15am	10:15 - 11:00am	11:00 - 11:45am	11:45 - 12:30pm	12:30 - 1:15pm	1:15 - 2:00pm
Pee – Wee Ninja Class	Beginner Ninja Class (White – Blue)	Advanced Ninja Class (Purple & Up)	Junior Class (8-13yr old)	Junior Advanced (Purple & above all ages) Weapons (ANY AGE/BELT)	Children w/ Special Needs (BY APT. ONLY)

Sunday Classes

9:00-10:00
MMA (light contact) \$10 Pay As You Go