





# Island Martial Arts

**3800 Richmond Avenue 718-967-6090**



Hours	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 AM	<b>ZUMBA</b>	Personal Training *Appointment Only*	<b>ZUMBA</b>	Personal Training *Appointment Only*	<b>ZUMBA</b>
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 (Ages 5-8/All belts)
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)	Junior (Ages 8-12/All belts)
5:15 - 6:00 PM Lower Level		Personal Training *Appointment Only	SPARRING (ALL BELTS/AGES) 6:30 - 7:30		SPARRING (ALL BELTS/AGES) 5:30 - 6:30
6:00 - 7:30 PM Lower Level	<b>Vadha Kempo</b>	Personal Training *Appointment Only		<b>Vadha Kempo</b>	
6:00 - 6:45 PM (8 - 12 yr old)	Beginner Junior Class (white-blue)	Junior Advanced (purple & above)	Beginner Junior Class (white-blue)	Junior Advanced (purple & above)	<b>ALL Black Belt Training 6:00 - 7:00</b>
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)	<b>Bodan Class 7:00 - 8:00</b>
7:30-8:30 PM Lower Level	Adult Class TKD/MMA (Age 12+)	<b>Wing Chun Kung Fu Tai Chi</b>	Adult Class TKD/ MMA (Age 12+)	<b>Wing Chun Kung Fu Tai Chi</b>	Rebounding \$12 per class 7:00 - 8:00
7:30-8:30 PM	Personal Training *Appointment Only	<b>Cardio Kickboxing</b>	<b>ZUMBA</b>	<b>Cardio Kickboxing</b>	
8:30-9:30 PM	Personal Training *Appointment Only	<b>ZUMBA</b>	<b>YOGA</b> 8:40 - 9:40 \$12 per class	<b>ZUMBA</b>	Personal Training *Appointment Only

## Saturday Classes

9:45 - 10:15am	10:15 - 11:00am	10:15 - 11:15 Lower Level	11:00 - 11:45am	11:45 - 12:30pm	12:30 - 1:15pm	1:15 - 2:00pm
Pee - Wee Ninja Class	Beginner Ninja (White - Blue)	<b>SOCA FITNESS</b> \$10 per class \$5 Members	Advanced Ninja Class (Purple & Up)	Junior Class (ALL BELTS)	Weapons (ANY AGE/BELT)	Children w/ Special Needs (BY APT. ONLY)

## Sunday Classes

9:00 - 10:00 am	10:30 - 11:30
<b>Wing Chun Kung Fu</b> \$10 Pay As You Go	<b>SOCA FITNESS</b> \$10 per class \$5 Members