



# Island Martial Arts

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



Hours	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 AM	ZUMBA	Personal Training *Appointment Only*	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 (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	BEGINNER SPARRING 5:15 - 6:00		BEGINNER SPARRING 5:15 - 6:00
6:00 - 7:30 PM Lower Level	Vadha Kempo	Personal Training *Appointment Only	ADVANCED SPARRING 6:00 – 6:45	Vadha Kempo	ADVANCED SPARRING 6:00 – 6:45
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)	ALL Black Belt Training 6:00 – 6:45
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)	Bodan Class (Includes Sparring) 6:00 – 7:30
7:30-8:30 PM	BEGINNER Brazilian Jiu-Jitsu	Wing Chun Kung Fu Tai Chi	Adult Class TKD/MMA	Wing Chun Kung Fu Tai Chi	Adult Class TKD/MMA
7:30-8:30 PM	Personal Training *Appointment Only	Personal Training *Appointment Only	BEGINNER Brazilian Jiu-Jitsu *Lower Level*	Personal Training *Appointment Only	Second Degree Training *7:30 - 8:00*
8:30-9:30 PM	Personal Training *Appointment Only	Personal Training *Appointment Only	ADVANCED Brazilian Jiu-Jitsu *Lower Level*	ZUMBA	Personal Training *Appointment Only

## Saturday Classes

9:00-10:00 am Lower Level	9:45 - 10:15am	10:15 - 11:00am	11:00-12:00 pm Lower Level	11:00 - 11:45am	11:45 - 12:30pm	12:30 - 1:15pm
Adults Jiu-Jitsu *Lower Level*	Pee – Wee Ninja Class	Beginner Ninja (White – Blue)	Personal Training *Appointment Only*	Advanced Ninja Class (Purple & Up)	Junior Class (ALL BELTS)	Weapons (ANY AGE/BELT)

## Sunday Classes

9:00 - 10:00 AM
Wing Chun Kung Fu \$10 Pay As You Go