



# Island Martial Arts

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



Hours	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 AM		Personal Training *Appointment Only*		Personal Training *Appointment Only*	
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)
6:00 - 7:30 PM Lower Level	Vadha Kempo			Vadha Kempo	
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)	<b>Bodan Class</b> 6:45 – 7:30
7:30-8:30 PM Lower Level	ADULT TDK MMA	Wing Chun Kung Fu Tai Chi	ADULT TDK MMA	Wing Chun Kung Fu Tai Chi	Second Degree Training *7:30 - 8:00*
8:30-9:30 pm		Brazilian Jiu-Jitsu *Lower Level*		Brazilian Jiu-Jitsu *Lower Level*	

## Saturday Classes

9:00 – 10:00am	9:45 - 10:15am	10:15 - 11:00am	11:00 - 11:45am
Brazilian Jiu-Jitsu *Lower Level*	Pee – Wee Ninja Class	Ninja *All Belts*	Junior Class (ALL BELTS) INCLUDES WEAPONS

## Sunday Classes

9:00 - 10:00 AM	10:00 - 11:00 AM
Tai Chi \$10 Pay As You Go	Wing Chun \$10 Pay As You Go