



Island Martial Arts

3800 Richmond Avenue 718-967-6090

Hours	Monday	Tuesday	Wednesday	Thursday
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
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)
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)
6:00-6:45 Lower Level	Adult Kick Boxing	5:45- 6:30 PM Kickboxing (5- 10 yr old)	5:45 - 6:30 PM Kickboxing (5- 10 yr old)	Adult Kick Boxing
6:45 -7:30 PM Lower Level	Vadha Kempo	6:30 - 7:30 PM MMA ADULT KICKBOXING		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 Advance (purple & above)
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)
7:30-8:30 PM	ADULT TDK MMA	Wing Chun Kung Fu Tai Chi (7-12 yr old)	ADULT TDK MMA	Wing Chun Kung Fu Tai Chi (7-12 yr old)
7:30 -8:15 PM Lower Level		Brazilian Jiu-Jitsu		Brazilian Jiu-Ji
8:15 -9:15 PM Lower Level		Adults Brazilian Jiu-Jitsu		Adults Brazilian Jiu-Ji

9:45 - 10:15 AM	10:15 - 11:00 AM	11:00 - 11:45 AM	11:45 AM - 12:30 PM
Pee - Wee Ninja Class	Ninja *All Belts*	Junior Class *All Belts*	Weapons *All Belts*

8:00 - 9:00 AM	9:00 - 10:00 AM
ADULT Brazilian Jiu-Jitsu *Lower Level*	7-12 yr ol Brazilian Jiu-Jitsu *Lower Level