



Island Martial Arts

3800 Richmond Avenue 718-967-6090



UPPER-LEVEL CLASSES

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	9:45-10:15 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)	10:15-11:00 Ninja Class *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)	11:00-11:45 Junior Class *All Belts*
6:00 - 6:45 PM (8 - 12 yr old)	Beginner Junior Class (White - Blue)	Advanced Junior Class (Purple & Up)	Beginner Junior Class (White - Blue)	Advanced Junior Class (Purple & Up)	All Black Belt Training	11:45-12:30 Weapons *All Belts*
6:45 - 7:30 PM (8-12 yr old)	Advanced Junior Class (Purple & Up)	Beginner Junior Class (White - Blue)	Advanced Junior Class (Purple & Up)	Beginner Junior Class (White - Blue)	Bodan Class	12:30-01:15 Nurf Gun \$5.00
7:30 - 8:30 PM	Adult Class TKD/MMA (Age 13+)	Wing Chun Kung Fu Tai Chi	Adult Class TKD/MMA (Age 13+)	Wing Chun Kung Fu Tai Chi	Second Degree Training	

LOWER-LEVEL CLASSES

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 6:00 PM	Red & Black	Kickboxing (4 - 12 yr old)	Red & Black	Kickboxing (4 - 12 yr old)	Red & Black	8:00-9:00 am ADULT Brazilian Jiu-Jitsu
6:00 - 6:45 PM	5:45 - 6:45 TKD Sparring	Adult Kickboxing	5:45 - 6:45 TKD Sparring	Adult Kickboxing	6:00-7:00 pm GYMNASTICS	9:00-10:00 am 7-12 yr old Brazilian Jiu-Jitsu
6:45 - 7:30 PM	TKD Advanced belts	Vadha Kempo	TKD Advanced belts	Vadha Kempo	\$25 per Class	10:00-11:00 Tai Chi \$10 Class
7:30 - 8:15 PM		(7-12 yr old) Brazilian Jiu-Jitsu		(7-12 yr old) Brazilian Jiu-Jitsu		
8:15 - 9:15 PM		Adults Brazilian Jiu-Jitsu		Adults Brazilian Jiu-Jitsu		