

Sensei Vladimir Zolottev • Krav Maga • Shotokan Karate

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January 4, 2023 – April 30, 2023 INDOOR SHOTOKAN KARATE & KRAV MAGA SELF-DEFENSE CLASS SCHEDULE

New Students Please Contact Us for Registration. For Outdoor Classes please Arrive 15 minutes before your class time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30pm - 7:15pm <u>KARATE</u> TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT <i>All LEVELS & All BELTS</i> (4-80+ yrs)	5:30pm - 6:15pm <u>KARATE</u> TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT <i>All LEVELS & All BELTS</i> (4-80+ yrs)		10:00am - 10:45am <u>KRAV MAGA</u> ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS & All BELTS</i>	12:00pm - 12:45pm <u>KRAV MAGA</u> ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS & All BELTS</i>
		7:30pm - 8:15pm <u>KRAV MAGA</u> ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS & All BELTS</i>	6:30pm - 7:15pm <u>KRAV MAGA</u> ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS & All BELTS</i>		11:00am - 11:45am <u>KARATE</u> ALL AGES & FAMILY <i>All LEVELS & All BELTS</i> (4-80+ yrs)	1:00pm - 1:45pm <u>KARATE</u> ALL AGES & FAMILY <i>All LEVELS & All BELTS</i> (4-80+ yrs)

Krav Maga Israeli Self Defense Martial Arts Training as per the KRAV MAGA FEDERATION.

Traditional Japanese Shotokan Karate Training as per the Supervision of the JAPAN KARATE-DO INTERNATIONAL www.japankaratedointernational.com &

Traditional Japanese Shotokan Karate Training as per the SHOTOKAN KARATE DO of the UNITED NATIONS.

ZANSHIN Karate Class: Advanced Traditional High Performance Japanese Shotokan Karate Classes.