



606 Post Road East • Westport, CT 06880 • Phone 203.454.7766 • Fax 203.454.3321  
 Open Mon-Thurs 9:00am - 9:00pm • Fri 8:00am - 8:00pm • Sat 8:30am - 3:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						ONLY OPEN FOR TESTING BIRTHDAY PARTIES SPECIAL EVENTS & SEMINARS  <b>O P E N</b>  ONLY OPEN FOR TESTING BIRTHDAY PARTIES SPECIAL EVENTS & SEMINARS
9:15-10:00 DYNAMIC FITNESS	9:15-10:00 DYNAMIC FITNESS	9:15-10:00 DYNAMIC FITNESS	9:15-10:00 DYNAMIC FITNESS	9:15-10:00 DYNAMIC FITNESS	9:15-10:00 DYNAMIC FITNESS	
					10:15-11:00 LIL NINJA'S JR DRAGONS	
12:00-1:00 ADULT KEMPO KARATE		12:00-1:00 ADULT KEMPO KARATE		12:00-1:00 ADULT KEMPO KARATE	11:15-12:00 CHAMPIONS SAMURAI	
1:45-2:15 TINY TIGERS	1:45-2:15 TINY TIGERS	1:45-2:15 TINY TIGERS	1:45-2:15 TINY TIGERS	1:45-2:15 TINY TIGERS	12:00-1:00 KEMPO KARATE	
2:15-3:00 LIL NINJA'S	2:15-3:00 LIL NINJA'S	2:15-3:00 LIL NINJA'S	2:15-3:00 LIL NINJA'S	2:15-3:00 LIL NINJA'S	1:00-2:00 SPECIAL NEEDS	
3:00 PRIVATE LESSONS	3:00 PRIVATE LESSONS	3:00 PRIVATE LESSONS	3:00 PRIVATE LESSONS	3:00 PRIVATE LESSONS	2:00-3:00 PRIVATE SCHOOL	
3:45-4:30 JR DRAGONS LIL NINJA'S		3:45-4:30 JR DRAGONS LIL NINJA'S	4:00-5:00 ADVANCED SAMURAI	3:30-4:15 JR DRAGONS LIL NINJA'S	3:00 - ON TESTING	
4:30-5:15 JR DRAGONS	4:00-5:00 ADVANCED SAMURAI	4:30-5:15 JR DRAGONS	5:00-6:00 JUNIOR BLK SHODAN	4:15-5:00 JR DRAGONS	BIRTHDAY PARTIES	
5:15-6:00 CHAMPION SAMURAI	5:00-6:00 JUNIOR BLK SHODAN	5:15-6:00 CHAMPION SAMURAI	5:15 LITTLE NINJA'S JUNIOR DRAGONS	5:00-6:00 JUNIOR BLK SHODAN	SPECIAL EVENTS	
6:00-6:45 TEENS MMA		6:00-6:45 TEENS MMA	6:00-7:00 TAI CHI		BIRTHDAY PARTIES	
7:00-7:45 DYNAMIC FITNESS	7:00-8:00 HAGANAH	7:00-7:45 DYNAMIC FITNESS	7:00-8:00 HAGANAH		SEMINARS	
8:00-9:00 ADV KEMPO		8:00-9:00 ADV KEMPO				
<b>BIRTHDAY PARTIES AVAILABLE ON SATURDAY - SEE INSTRUCTOR FOR DETAILS. TINY TIGERS 3 1/2 - 4 1/2 YRS / LIL NINJA'S 4 1/2 - 6 YRS (PRE K &amp; KINDERGARDEN) / JR DRAGONS 6 - 7 YRS (1&amp;2 GRADE)/ CHAMPION SAMURAI 8 - 11 YRS (3,4,5,6 GRADE)/ TEEN 12 - 15 YRS / ADULT 16 - UP</b>						