

Armonk Martial Arts

2020 - 2021 Class Schedule

Pre K 3 - Preschool (age 3)

Pre K 4 - Preschool (ages 4 & 5)

Beginners - White Belts & Junior Yellow Belts

Yellow - Yellow Belts

Intermediate - High Yellow & Orange Belts

Advanced - Green Belts & Above

Teen/Adult - All Levels (ages 14 & up)

Boot Camp - Crunches & Punches Women's Boot Camp

Semi-Private - Your own group pod at dojo or backyard

Gray Shaded boxes indicate full, semi-private group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Boot Camp 9:45 - 10:45		Boot Camp 9:45 - 10:45		Boot Camp 8:30 - 9:30
Available for class	Available for class	Available for class	Available for class	Available for class	Add a class Home or Dojo
Pre K 4 1:00 - 1:45	Semi-Private 1:00 - 1:45	Semi-Private 1:00 - 1:45	Pre K 4 1:15 - 2:00	Semi-Private 12:45 - 1:30	Add a class Home or Dojo
Pre K 4 2:00 - 2:45	Semi-Private 2:30 - 3:15	Semi-Private 2:30 - 3:15	Semi-Private 2:15 - 3:00	Semi-Private 2:30 - 3:15	Birthday Parties
Semi-Private 3:30 - 4:15	Semi-Private 4:15 - 5:00	Beginners 3:45 - 4:30	Beginners 3:45 - 4:30	Semi-Private 3:30 - 4:15	Private Lessons
Semi-Private 4:45 - 5:30	Intermediate 5:30 - 6:15	Advanced 5:00 - 5:45	Intermediate 5:00 - 5:45	Semi-Private 4:45 - 5:30	
Intermediate 6:00 - 6:45	Advanced 6:45 - 7:30	Yellow 6:15 - 7:00	Advanced 6:15 - 7:00	Intermediate 6:00 - 6:45	
Advanced 7:15 - 8:15	Teen/Adult 8:00 - 9:00	Boot Camp 8:00 - 9:00	Teen/Adult 7:30 - 8:30		