

# FALL / WINTER SCHEDULE: TOKEY HILL MARTIAL ARTS

**BUSINESS HOURS:** MONDAY - FRIDAY 9:00 AM - 9:00 PM / SATURDAY 7:30 AM - 3:00 PM / SUNDAY 9:00 AM -12:00PM

MON	TIME	TUES	TIME	WED	TIME	THU	TIME	FRI	TIME	SAT	TIME	SUN	TIME
Intro Classes	3-5PM	Fitness Kickboxing	9:30-10:30AM	Personal Training	9:30-11:30AM	Fitness Kickboxing	9:30-10:30AM	After School Guggenheim JCC	3:15-4:15PM	Personal Training	7:30-8:30AM	Personal Training	9AM-12PM
Open Schedule	5-6PM	Little Ninja (Pre-K Class)	2-2:45PM	PYA Little Ninja	4-5PM	Little Ninja	2:15-3PM	Kids Team Training	4:30-6PM	Fitness Kickboxing	8:30-9:30AM		
All Ranks	6-7PM	Little Ninja	4:15-5PM	PYA Kids Karate	5-6PM	Little Ninja	4:15-5PM			Little Ninja	9:30-10AM		
Fitness Kickboxing	7-8PM	White-Green	5-6PM	PYA Kids Karate	6-7PM	White-Green	5-6PM			White-Green	10-11AM		
		Green-Black	6-7PM	Fitness Kickboxing	7-8PM	Green-Black	6-7PM			Be the Best Sport*	11:15AM-12PM		
		Teen/Adult All Ranks	7-8PM			Teen/Adult All Ranks	7-8PM			Adult Elite Class	12-1PM		
										Be the Best Sport*	12-1:15PM		
										Adaptive Level 2 - Karate	1:15-1:45PM		
										Karate Birthday Party Schedule Today!	2:30PM-		

**POLICY:** ALL CLASSES TIMES ARE SUBJECT TO CHANGE



## TOKEY HILL MARTIAL ARTS

95 Seaview Blvd., Port Washington, NY 11050 (Next to Harbor Links / Excellent Parking)

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\*Links: (bethebestsport.org)