



THE SCHEDULE BELOW IS FOR "BEGINNER LEVEL" ONLY.
 AT UNITED SHAOLIN KEMPO KARATE WE ALSO OFFER FLEXIBILITY!
 SO IF THE SCHEDULE BELOW DOESN'T FIT YOUR SCHEDULE,
 PLEASE GIVE US A CALL TO SEE OTHER AVAILABLE OPTIONS.

**FREE TRIAL!
 NO CONTRACTS!
 PAY AS YOU GO!**

Kempo Karate Self-Defense (Beginners)

Children		Teens	Adults
Ages 4 - 8	Ages 8 - 12	Ages 13 - 17	Ages 18 & up
Sunday 10:00	Sunday 10:45	Sunday 12:15	Sunday 12:15
Monday 5:00	Tuesday 5:00	Monday 7:30	Monday 7:30
Wednesday 5:00	Thursday 5:00	Wednesday 7:30	Wednesday 7:30



Brazilian Jiu-Jitsu

Children Ages 4 - 12
Sunday 11:30

Cardio (Kick)Boxing

Teens & Adults Ages 13 & Up
Monday 6:30
Wednesday 6:30

★ Thai KickBoxing ★ Filipino ★ Mixed Arts ★ Brazilian Jiu-Jitsu ★ Wing Chun ★

Teens & Adults Ages 13 & Up
Tuesday 6:30
Thursday 6:30

Private Lessons:
 Are available at any time
 but must be scheduled and paid
 in advance with your instructor.

School Hours

Sunday	10:00am - 1:30pm
Monday	4:15pm - 9:00pm
Tuesday	4:15pm - 8:00pm
Wednesday	4:15pm - 9:00pm
Thursday	4:15pm - 8:00pm