

'It's Not Just Kicking & Punching...



# Hanata Dojo West Islip

(631) 321 - 5432

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Warriors 9:30 – 10:00		Little Warriors 9:30 – 10:00		Little Warriors 9:30 – 10:00	Mighty Warriors Beg – White 9:00 – 9:45
Adult All Ranks 10:00 – 11:00	Adult All Ranks 10:00 – 11:00	Adult All Ranks 10:00 – 11:00	Adult All Ranks 10:00 – 11:00	Adult All Ranks 10:00 – 11:00	Mighty Warriors Yellow 9:30 – 10:15
Little Warriors 4:00 – 4:30 Little	Little Warriors 4:00 – 4:30	Little Warriors 4:00 – 4:30	Little Warriors 4:00 – 4:30	Little Warriors 4:00 – 4:30	Mighty Warriors Green & Up 9:45 – 10:30
Mighty Warriors Beg – White 4: 15 – 5:00	Mighty Warriors Yellow 4: 15 – 5:00	Mighty Warriors Beg – White 4: 15 – 5:00	Mighty Warriors Yellow 4: 15 – 5:00	Mighty Warriors Beg – White 4: 15 – 5:00	Youth Beg – Green 10:15 – 11:00
Mighty Warriors Yellow 4:45 – 5:30	Mighty Warriors Beg – White 4:45 – 5:30	Mighty Warriors Yellow 4:45 – 5:30	Mighty Warriors Beg – White 4:45 – 5:30	Mighty Warriors Yellow 4:45 – 5:30	Youth Blue & Up 10:30 – 11:15
Mighty Warriors Green 5:15 – 6:00	Mighty Warriors Blue 5:15 – 6:00	Mighty Warriors Green 5:15 – 6:00	Mighty Warriors Blue 5:15 – 6:00	Mighty Warriors Green 5:15 – 6:00	Adult All Ranks 11:00 – 12:00
Mighty Warriors Purple 5:45 – 6:30	Mighty Warriors Green 5:45 – 6:30	Mighty Warriors Purple 5:45 – 6:30	Mighty Warriors Green 5:45 – 6:30	Mighty Warriors Blue + Up 5:45 – 6:30	Family Class 11:15 – 12:00
Youth Purple 6:00 – 7:00	Youth Beg - Yellow 6:00 – 7:00	Youth Purple 6:00 – 7:00	Youth Beg - Yellow 6:00 – 7:00	Youth Beg - Yellow 6:00 – 6:45	<b>Black Belt Club</b> Last Monday of every month. (all regular classes canceled) <b>Mighty Warriors</b> 5:00 – 6:00 Youth 6:00 – 7:00 Adults 7:00 – 8:15
Youth Brown 6:30 – 7:30	Youth Green - Blue 6:30 – 7:30	Youth Brown 6:30 – 7:30	Youth Green - Blue 6:30 – 7:30	Youth Green - Blue 6:30 – 7:15	
Youth Black 7:00 – 8:00	Adult Beg - Yellow 7:00 – 8:00	Adult Beg - Yellow 7:00 – 8:00	Youth Black 7:00 – 8:00	Youth Purple - Black 6:45 – 7:30	
Adult Purple – Brown 7:30 – 8:30	Adult Green – Blue 7:00 – 8:00	Adult Green – Blue 7:00 – 8:00	Adult Purple – Brown 7:30 – 8:30	Adult All Ranks 7:15 – 8:15	
Adult Black 8:00 – 9:00			Adult Black 8:00 – 9:00		

Schedule of Classes Effective November 1<sup>st</sup>, 2006