

# Kempo Academy of Cross River - Class Schedule fall 2023

Good from September 5 - December 23, 2023

## Kempo Academy of Cross River

20 N Salem Rd, Cross River, NY 10518

(914) 977 – 3221

kempocrossriver@gmail.com

crossriverkaratefitness.com

### Age Groups

Little Dragons (Ages 3-6)

Pre-Teens (Ages 7-10)

Junior Adults (Ages 11-16)

Adults (Ages 16+)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					10:30 - 11:00 Little Dragons	
4:30 - 5:00 Little Dragons					11:00 - 11:30 Sparring	
5:00 - 5:45 Pre-teens	5:00 - 5:30 Little Dragons	5:15 - 5:45 Little Dragons	5:15 - 6:00 Pre-teens		11:30 - 12:15 Pre-teens	
5:45 - 6:15 Semi Private Lesson	5:30 - 6:15 Pre-teens	5:45 - 6:30 Pre-teens	6:00 - 6:45 Jr Adults	5:30 - Belt Rank Testing Once per month	12:15 - 1:15 Adult	
	6:15 - 7:00 Jr Adults	6:30 - 7:00 Semi Private Lesson	6:45 - 7:45 Adult			