



Steven Karate Academy

@skausadojo

SKA USA SCHEDULE

131 Main Street unit 2, East Rockaway NY

(516) 596-7824

skausa.dojo@gmail.com



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30am Lower Body Cardio	5:30 - 6:30am Stations	5:30 - 6:30am B.A.B	5:30 - 6:30am Weights	5:30 - 6:30am Adult kickboxing		8:00 - 9:00am Obstacle Course Bags
					9:00 -9:45 am Beginner Karate	
9:10 - 10:10am Lower Body Cardio	9:10 - 10:10am Upper Body	9:10-10:10am Back Abs Cardio	9:10 - 10:10am B.A.B	9:30 - 10:30am All Inclusive H.I.T.	10:00 - 10:45 am Little tigers	
 <p>PRIVATE LESSONS AVAILABLE CALL US AT (516) 596-7824</p> 					11:00 - 12:00 Competition	
					12:00 - 2:00 Elite Training	
4:00 - 4:45pm Little Tigers Sparring (3-5 years)	4:00 - 4:45pm Little Tigers (3-5 years)	4:00 - 4:45pm Little Tigers Sparring (3-5 years)	4:00 - 4:45pm Little Tigers (3-5 years)	4:00 - 4:45pm Little Tigers (3-5 years)	<p>BIRTHDAY PARTIES!!! Let us celebrate your birthday with you!</p> 	
4:50-5:35pm Beginner Kumite White – Orange	4:50 - 5:50pm Intermediate Kata Blue - Purple	4:50 - 5:50pm Intermediate Kumite Blue - Purple	4:50 - 5:35pm Beginner Kata White – Orange	4:50 - 5:35pm Beginner Karate White – Orange		
5:40 - 6:40pm Intermediate Kumite Blue - Purple	6:00 - 6:45pm Beginner Kata White - Orange	6:00 - 6:45pm Beginner Kumite White – Orange	5:40 - 6:40pm Intermediate Kata Blue – Purple	5:35- 6:15pm Weapons		
6:45 - 8:25pm Elite Kumite Brown - Black	6:50 - 8:25pm Elite Kata Brown - Black	6:50 - 8:25 pm Elite Kumite Brown - Black	6:45- 8:25pm Elite Kata Brown – Black	6:15 - 7:00 pm Competition Kata		
8:30 - 9:15pm Adult kickboxing	8:30 - 9:15pm Weights	8:30- 9:15pm Adult kickboxing	8:30 - 9:15pm Adult kickboxing	7:00 - 8:30pm Elite Conditioning		



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