



~Summer Schedule **2010** June 28th — August 28th ~

Enjoy Your Summer !!

Visit www.stamfordmartialarts.com 379 Shippan Ave. Stamford Ct. 06902

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00-11:00 all adult		10:00-11:00 all adult		9:00-9:30 kinder karate
	12:30-1:00 lunch-time <i>Cardio blast</i>		12:30-1:00 lunch-time <i>Cardio blast</i>		9:45-10:30 white-orange kids
4:30-5:15 junior white/yellow 5 & 6 year old	4:30-5:15 white belt kids	4:30-5:15 green belt kids	4:30-5:15 orange belt kids	4:30-5:15 all level kids exercise & fun class	10:45-11:30 green & red belt kids
5:30-6:15 green belt kids	5:30-6:15 orange belt kids	5:30-6:15 junior white/yellow 5 & 6 year old	5:30-6:15 white belt kids	5:30-6:15 family class	11:30-12:30 all level adult
6:30-7:15 all level adult	6:30-7:15 junior dan & red belt	6:30-7:30 advanced adult	6:30-7:15 junior dan & red belt	<i>For clinics and Private lessons please contact Master McGuiness</i>	<i>Birthday Parties</i>
7:30-8:15 Cardio Blast <i>Runs until Aug9th</i>	7:30-8:15 all adult	7:30-8:15 Cardio Blast <i>Runs until Aug.9th</i>	7:30-8:15 all level adult		

TANG ~203-327-3451~ SOO