

10:00-11:00 am

Fitness Fusion

Kyodai Karate Do Inc. Weekly Schedule 219-48 Jamaica Ave, Queens Village Ny 11428 Tel. No. 718-740-3493

Effective Date:

Karate-Beginners

APR. thru JUN. 2023

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00 am						Karate-Kihon/kumite	
						Adults/Jrs Adv.	
9:00-10:00 am						Kung Fu	
						Al Belts	

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			Adults/Jrs/Kids
10:30-11:30 am			Judo - all students
			10:00 to 12:00 pm

11:00-12 noon			Karate- Kihon/Kumite	
			Kids Yell/Blu/Pur/Br	
12:30-2:00 pm				_

4:00-5:00 pm	Kids Kihon/Kata	Karate - Kihon/Kata	Karate-Self D/Kumite	Karate - Kihon/Kata	Karate - Kihon/Kata	
	Kids Yellow	Kids Orange	Kids Blu/Pur/Br	Kids Yellow	Kids Yellow	
5:00-6:00 pm	Karate- Kihon/Self D	Karate - Kihon/Kumite	Karate -Kihon/Self D	Karate -Kihon/Self D	Karate - Kihon/self D	
	Kids Orange	Kids Yellow	Kids Orange	Kids Orange	Kids Blu/Pur/Br	

	Kids Orange	Kids Yellow	Kids Orange	Kids Orange	Kids Blu/Pur/Br
6:00-7:00 pm	Karate Kids	Karate Kihon/Kata	Karate Kids	Karate - Self D/Kumite	Karate - Kihon/kata
	Beginners Wht	Kids Blu/pur/Br	Beginners Wht	Kids Blu/Pur/Br	Kids Orange
		Judo All 4:30 - 6:30		Kung FU	
6:30-7:30 pm		Kung Fu 6:30 - 7:30		6:30 - 7:30	

		Kung Fu basics All belts	Kung Fu Kata All Belts			
	Karate -Kata/kihon	Karate - All belts	Karate - Kumite	Karate - Kata/ Self-D	Karate - Kata	
	& Self-D	Kihon/Weapon	Adults/Jrs. ADV	Adults/jrs. ADV	Kihon & Self-D	
7:00-8:00 pm	Adults/Jrs Adv.	Adults/Jrs Adv.	Beginners White	Beginners White	Adults/Jrs Adv.	

Kyodai Karate Do	o will be closed as	follows:	May 29th Memorial Da	y and June 19th Juneto	eenth Day 2023

Fitness Fusion

PLEASE NOTE: B	reaking Class is the	last Friday of each mon	th at			
	4:00 pm, 6:00pm &	7:00 pm. Boards cost @	🤋 2.00 each.			

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