



QUEENS SOO BAHK DO

Martial Arts Program at
69th Lane Studio



Karate for Kids

Fall 2016

Tuesday	Thursday	Friday	Saturday
Karate Kids Ages 6-9yrs 3:30-4:15	Karate Kids Ages 6-9yrs 3:30-4:15	<i>White Belt Kids</i> All Ages 3:30-4:15	Karate Kids All Ages 11:15-12:00
Karate Kids Ages 10yrs+ 4:15-5:15	Karate Kids Ages 10yrs+ 4:15-5:15	<i>Orange & Green Belt Kids</i> All Ages 4:15-5:00	Free Intro Trial Classes Available Throughout the Week by Appointment
Karate Kids All Ages 5:15-6:00	Karate Kids All Ages 5:15-6:00	<i>Red Belt Kids</i> All Ages 5:00-6:00	

Karate for Adults

Monday	Tues/Thurs	Wednesday	Saturday
Karate Adults <i>Beginner</i> 7:00-8:00pm	Yoga, Tai Chi, & Pilates Classes are open to Adult Karate Members	Karate Adults <i>Beginner</i> 7:00-8:00pm	Karate Adults All Levels 10:15-11:15am
Karate Adults <i>Intermediate</i> 7:30-8:30pm		Karate Adults <i>Intermediate</i> 7:30-8:30pm	
Karate Adults <i>Advanced</i> 8:00-9:00pm		Karate Adults <i>Advanced</i> 8:00-9:00pm	