



# Baran's Kenpo Karate



"Where Martial Art's Makes A Difference"

Fall Schedule Effective Sept 1st 2010 203-949-9660

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LITTLE DRAGON</b>	4:15 - 4:45	5:00 - 5:30	4:15 - 4:45	5:00 - 5:30	N/A	9:30 - 10:00
<b>LITTLE DRAGON BBT</b>	4:15 - 4:45	5:30 - 6:00	4:15 - 4:45	5:30 - 6:00	N/A	9:30 - 10:00
<b>KIDS BASIC TRAINING</b>	4:45 - 5:30	6:00-6:45	4:45 - 5:30	6:00-6:45	N/A	10:00-10:45
<b>BBT PHASE 1 W,Y,O</b>	4:45 - 5:30	6:00-6:45	4:45 - 5:30	6:00-6:45	N/A	10:00-10:45
<b>BBT PHASE 2 P,B,G</b>	5:30 - 6:15	6:45 - 7:30	5:30 - 6:15	6:45 - 7:30	N/A	10:00-10:45
<b>BBT PHASE 3 Brown, Red/ Black</b>	5:30 - 6:15	6:45 - 7:30	5:30 - 6:15	6:45 - 7:30	N/A	10:00- 10:45
<b>MASTERS TRAINING</b>	6:15 - 7:00	4:15 - 5:00	6:15 - 7:00	4:15 - 5:00	N/A	10:00-10:45
<b>TEEN/ADULT</b>	7:00 - 8:00	3:30 - 4:15 Br-Blk: 7:30	7:00 - 8:00	3:30 - 4:15 7:30 - 8:30	N/A	N/A
<b>TEEN/ADULT Mixed Martial Arts</b>	8:00 - 8:30	7:30-8:30	8:00 - 8:30	N/A	N/A	N/A
<b>S.W.A.T CLASS</b>	N/A	N/A	N/A	N/A	5:00-5:45	N/A
<b>KID'S MMA</b>	N/A	N/A	N/A	N/A	N/A	10:45 -11:30
<b>CHAMPION TEAM</b>	N/A	N/A	N/A	N/A	N/A	11:30-12:15
<b>BOOT CAMP</b>	N/A	N/A	N/A	N/A	5:45-6:30	N/A
<b>LEADERSHIP</b>	N/A	N/A	N/A	N/A	4:00-5:00	N/A

## Have Your Birthday Party Here!!!

Just bring your camera, sit back and enjoy..... We do all the work!!!

Each 90-minute party includes an exciting Karate lesson with fun drills and games. Pizza, drinks, and a special cutting of the cake with a samurai sword ceremony. See your instructor for details.

## Prepare For Victory!

- ☉ Be in class on time.
- ☉ Never disturb the class in session.
- ☉ All shoes and coats must be neatly in coat area.
- ☉ Clean uniform and hygiene habits are a must.
- ☉ No food, drinks, cell phones, or talking allowed inside training floor area.
- ☉ Only students allowed on training floor.