

(860)430.6630



Like us on Facebook at:
Facebook.com/
EliteKarate.KravMaga

Elite Karate

elitekarateglastonbury.com
1005 Hebron Ave. Glastonbury, CT.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Champs 3-4 Years (30mi)	5:30p	4:00p	5:30p			9:00a
Little Champs (45 min) (All Belts) 5-6 Years	4:00p (z) weapons	5:30p (z) weapons	4:00p (z) sparring drills/comp	5:30p (z) sparring drills/comp		9:45a (z)
YOUTH (45 min) Beg/Int: Wh-Gr	4:45p (z) weapons	6:15p (z) weapons	4:45p (z) sparring drills/comp	6:15p (z) sparring drills/comp		10:45p (z)
YOUTH (45 min) Adv: Br-2nd Red	6:15p (z) weapons	4:45p (z) weapons	6:15p (z) sparring drills/comp	4:45p (z) sparring drills/comp		10:45p (z)
Youth Black Belt Red/Black (45 min)	5:30p (z)	4:00p (z)	5:30p (z)	4:00p (z)		10:45p (z)
Adult (60 min) Martial Arts (Krav Maga)	10:00a (z) 8:00p (z)	7:00p (z)	10:00a (z) 8:00p (z) sparring	10:00a (z) 7:00p (z) sparring		11:45a (z)
MyFitDefense Fitness (30 min)	9:00a 7:00p (z)	8:00p (z)	9:00a 7:00p (z)	8:00p (z)		8:00a
BBC WEAPONS BLACK BELT CHAMPIONS						12:45p
Sparring Class *Full sparring gear required					4:45p (z)	
Competition Team						12:45p
Demo Team *Check monthly calendar					Postponed	
Extra Help Sessions By Appt Only.						

- Arrive 5-10 minutes prior to class.
- Retrieve your card for attendance.
- Place your shoes neatly in cubbies keeping your school clean and in order.
- Quietly prepare for class not disturbing the class in session.
- Martial Arts begins and ends with maximum courtesy.
- Attend class on a consistent basis, at least 2 classes each week.
- Show proper effort and spirit in the classroom.

NOTE: We will be closed on occasional Saturdays for training events.

Z = Zoom included

EFFECTIVE: 9/10/2021