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EliteKarate.KravMaga

**Elite Karate**  
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1005 Hebron Ave. Glastonbury, CT.



EFFECTIVE: 4/7/2023

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Tiny Champs</b> 3-4 Years (30mi)	5:30p	4:00p	5:30p			9:00a
<b>Little Champs</b> (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	5:30p (z) weapons	9:45a (z)
<b>YOUTH</b> (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		10:45a (z)
<b>YOUTH</b> (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		10:45a (z)
<b>Youth Black Belt</b> Red/Black (45 min)	5:30p (z)	4:00p (z)	5:30p (z)	4:00p (z)		10:45a (z)
<b>Adult</b> (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)
<b>MyFitDefense</b> 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
<b>Sparring Class</b> *Full sparring gear required					4:00p / 4:30p (Little Champs / Youth)	12:45p (Adult)
<b>Competition Team</b>						12:45p
<b>Demo Team</b> *Check monthly calendar					Postponed	
<b>Extra Help Sessions</b> By Appt Only.					5:30p 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