

# True ChampionZ Martial Arts      Westchester Krav Maga

www.TrueChampionZ.com

(914) 813-8000

www.WestchesterKravMaga.com

## March 1, 2021 – April 30, 2021 ONLINE & OUTDOOR KARATE & KRAV MAGA SELF-DEFENSE CLASS SCHEDULE

*For Online Classes please login 5 minutes before your class time. For Outdoor Classes please Arrive 15 minutes before your class time.*

MONDAY Online + Outdoors	TUESDAY Online	WEDNESDAY Online + Outdoors	THURSDAY Online	FRI DA Y	SATURDAY Outdoors	SUNDAY Outdoors
<b>Online</b> 4:30-5:15pm <u><b>KARATE</b></u> TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT ALL AGES <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)	<b>Online</b> 4:30-5:15pm <u><b>KARATE</b></u> TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT ALL AGES <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)	<b>Online</b> 4:30-5:00pm <u><b>KARATE</b></u> TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT ALL AGES <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)	<b>Online</b> 4:30-5:00pm <u><b>KARATE</b></u> TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT ALL AGES <i>YELLOW BELTS &amp; UP</i> (4-80+ yrs)		<b>Outdoors</b> 9:00am - 9:45am <u><b>KRAV MAGA</b></u> ALL AGES (7-80+ yrs) <i>ORANGE BELTS &amp; UP</i>	<b>Outdoors</b> 9:00am - 9:45am <u><b>KRAV MAGA</b></u> ALL AGES (7-80+ yrs) <i>ORANGE BELTS &amp; UP</i>
	<b>Online</b> 5:30-6:15pm <u><b>KRAV MAGA</b></u> KIDS & TEENS & ADULTS & FAMILY ALL AGES (6-80+ yrs) <i>All LEVELS</i> <i>No Belts &amp; All Belts</i>		<b>Online</b> 5:30-6:15pm <u><b>KRAV MAGA</b></u> KIDS & TEENS & ADULTS & FAMILY ALL AGES (6-80+ yrs) <i>All LEVELS</i> <i>No Belts &amp; All Belts</i>		<b>Outdoors</b> 10:00am - 10:45am <u><b>KRAV MAGA</b></u> ALL AGES (6-80+ yrs) <b>BASIC</b> <i>No Belts, White Belts, &amp;                      Yellow Belts White Stripe,                      Yellow Belts Orange Stripe &amp;                      Yellow Belts</i>	<b>Outdoors</b> 10:00am - 10:45am <u><b>KRAV MAGA</b></u> ALL AGES (6-80+ yrs) <b>BASIC</b> <i>No Belts, White Belts, &amp;                      Yellow Belts White Stripe,                      Yellow Belts Orange Stripe &amp;                      Yellow Belts</i>
<b>Outdoors</b> 6:30pm - 7:15pm <u><b>KARATE</b></u> ALL AGES & FAMILY <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)		<b>Outdoors</b> 6:30pm - 7:15pm <u><b>KRAV MAGA</b></u> ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS &amp; All BELTS</i>	<b>Online</b> 6:30-7:15pm <u><b>KARATE</b></u> TINY TIGERS & JR.'s & FAMILY & TEEN & ADULT ALL AGES <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)		<b>Outdoors</b> 11:00am - 11:45am <u><b>KARATE</b></u> ALL AGES & FAMILY <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)	<b>Outdoors</b> 11:00am - 11:45am <u><b>KARATE</b></u> ALL AGES & FAMILY <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)
<b>Outdoors</b> 7:30pm - 8:15pm <u><b>KRAV MAGA</b></u> ALL AGES & FAMILY (6-80+ yrs) <i>All LEVELS &amp; All BELTS</i>	<b>Online</b> 7:30-8:30pm <u><b>KRAV MAGA</b></u> KIDS & TEENS & ADULTS & FAMILY ALL AGES (6-80+ yrs) <b>BASIC &amp;</b> <i>All LEVELS &amp; All BELTS</i>	<b>Outdoors</b> 7:30pm - 8:15pm <u><b>KARATE</b></u> ALL AGES & FAMILY <i>All LEVELS &amp; All BELTS</i> (4-80+ yrs)	<b>Online</b> 7:30-8:30pm <u><b>KRAV MAGA</b></u> TEEN/ADULT <i>ORANGE BELTS &amp; UP</i>			

Krav Maga Israeli Self Defense Martial Arts Training as per the Supervision of the KRAV MAGA FEDERATION.

Traditional Japanese Shotokan Karate Training as per the Supervision of the SHOTOKAN KARATE DO of the UNITED NATIONS.