



Superior Martial Arts
 733 Middle Country Road
 Saint James, NY 11780
 info@superiorkenpo.com
 631 - 862 - 1400

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
10:30 AM										9:00 AM	Kettlebell
3:45 PM		3:45 PM		3:45 PM		3:45 PM				10:30 AM	OPEN CLASS ALL TIGERS
4:30 pm to 5:10 pm	Beginners Only TIGERS WH - YW	4:30 pm to 5:10 pm	Advanced TIGERS OR - PU - BL	4:30 pm to 5:10 pm	Beginners Only TIGERS WH - YW	4:30 pm to 5:10 pm	Advanced TIGERS OR - PU - BL	4:30 pm to 5:10 pm	OPEN CLASS ALL TIGERS	11:20 AM	OPEN CLASS ALL DRAGONS
5:20 pm to 6:00 pm	Expert TIGERS GR - BR	5:20 pm to 6:00 pm	Beginner DRAGONS WH - YW	5:20 pm to 6:00 pm	Expert TIGERS GR - BR	5:20 pm to 6:00 pm	Beginner DRAGONS WH - YW	5:20 pm to 6:00 pm		12:45 PM	TEENS 14 to 17 years old
6:10 pm to 6:50 pm	Expert DRAGONS GR - BR	6:10 pm to 6:50 pm	Advanced DRAGONS OR - PU - BL	6:10 pm to 6:50 pm	Expert DRAGONS GR - BR	6:10 pm to 6:50 pm	Advanced DRAGONS OR - PU - BL				
7:00 pm to 7:50 pm	ADULT Kenpo Karate	7:00 pm to 8:00 pm	Zumba with Kristin	7:10 PM	Kettlebell	7:00 pm to 7:50 pm	ADULT Kenpo Karate				
8:10 PM	KettleBell	8:10 PM				8:10 PM	Zumba with Jenn				



Try 1 FREE Class



Zumba Fitness with Kristin Legge

INCREDIBLE KETTLEBELL
 FITNESS
 WITH AMANDA

FREE 1 Week Pass



Superior Birthday Party:
SAVE \$25
 with this coupon
 Exp. July 2012