



ACTION KARATE

215-348-7110

www.actionkarate-newbritain.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ASAH SHARKS		4:35		4:45		9:00	
LITTLE NINJAS	4:35		4:35			9:30	
BASIC TRAINING COURSE (WHITE, YELLOW, ORANGE)	6:40	5:10	6:40	4:00	4:30	10:00	FAMILY CLASS
BLACK BELT TRAINING COURSE (WHITE, YELLOW, ORANGE)		5:40		4:30			
BLACK BELT TRAINING COURSE (P,B,G)	5:10	5:55	5:55	6:40	4:00	10:35	FAMILY CLASS
BLACK BELT TRAINING COURSE (Brown- Black)	5:55	6:40	4:00	7:20	4:00	10:35	FAMILY CLASS
JR. CLASS	8:05	4:00	5:10	6:00	5:00	11:10	FAMILY CLASS
SR. BLACK BELT	4:00	7:25	8:05	5:20	5:00	11:10	
ADULTS ALL BELTS	7:15	9:45 8:05	7:15	8:00		11:40	FAMILY CLASS
FAMILY CLASS							10:00 11:00
DEMO TEAM					check calendar		
JR. DEMO TEAM					check calendar		
Mommy and Me	Ask an instructor						

BIRTHDAY PARTIES ARE AVAILABLE ON SATURDAYS FROM 12:30. ASK FOR DETAILS OR RESERVATIONS.

DREAMS LEAD YOU HERE
DREAMS WITH A DEADLINE LEAD TO A GOAL
GOALS LEAD TO SHORT-RANGE OBJECTIVES
SHORT-RANGE OBJECTIVES LEAD TO SELF-DISCIPLINE AND DETERMINATION
SELF-DISCIPLINE AND DETERMINATION LEAD TO ATTENDANCE
ATTENDANCE LEADS TO KNOWLEDGE
KNOWLEDGE LEADS TO PROGRESS
PROGRESS LEADS TO CONFIDENCE
CONFIDENCE LEADS TO YES I CAN
YES I CAN LEADS TO THE REALIZATIONS OF YOUR DREAMS
KEEP YOUR DREAMS ALIVE TAKE ACTION