



# Samurai Martial Arts

## Room Schedules

**Notes:**

- \* We are flexible, exceptions can be made for students with scheduling inconveniences.
- \* We recommend that students attend class 2 to 3 times per week to allow for consistent progress of rank.
- \* Class times and days may change if needed to accommodate advancements in rank.
- \* Wing Chun Kung Fu, Jiu-Jitsu, and Cardio Kickboxing are for Adult and Teenagers only.

Location:

**1512 Spencerport Rd**  
Rochester, New York 14606

Phone # **429-6340**

Check out our web site at: [www.samuraimartialarts.com](http://www.samuraimartialarts.com)

## Dragon Room Schedule

June 1st, 2009

	12:15 - 1:15	4:30 - 5:15	5:15 - 6:00	6:00 - 6:45	6:45 - 7:30	7:30 - 8:30	
<b>Mon</b>		Green Belt Ages: 6 - 12	Yellow Belt Ages: 10 - 13	Brown Belt Ages 6 - 12	Cardio Kickboxing	Black Belt Class	
<b>Tues</b>	All Belts Ages: 13 & Up	Yellow Belt Ages: 4 - 9	Brown Belt Ages: 6 - 12	Green Belt Ages: 6 - 12	Green, Brown Belt Adults	Pilates Class	
<b>Wed</b>		Green Belt Ages: 6 - 12	Yellow Belt Ages: 10 - 13	Brown Belt Ages 6 - 12	Cardio Kickboxing	Black Belt Class	
<b>Thurs</b>	All Belts Ages: 13 & Up	Yellow Belt Ages: 4 - 9	Brown Belt Ages: 6 - 12	Green Belt Ages: 6 - 12	Green, Brown Belt Adults	Pilates Class	
<b>Fri</b>			Special Events				
			Check Your Calendar				
	<b>9:00 - 10:00</b>	<b>10:00 - 10:45</b>	<b>11:00 - 11:45</b>	<b>12:00 - 12:45</b>	<b>1:00 - 1:45</b>	<b>2:00 - 3:30</b>	
<b>Sat</b>	Evaluations & Belt Testing	Cardio Kickboxing	White Belt Ages: 4 - 12	Yellow & Orange Ages: 4 - 12	Green, Brown, and Black Belt Ages 5-12	<i>Birthday Parties</i>	

## Panther Room Schedule

June 1st, 2009

	12:00 - 1:00	4:30 - 5:15	5:15 - 6:00	6:00 - 6:45	6:45 - 7:30	7:30 - 8:30	8:30 - 9:00
<b>Mon</b>		White Belt Ages: 4 - 7	Orange Belt Ages: 5 - 7	White Belt Ages: 8 - 12	White, Yellow Orange Adults	Black Belt Class	
<b>Tues</b>		White Belt Ages: 8 - 12	White Belt Ages: 4 - 7	Orange Belt Ages: 8 - 12	Kendo Adults	Adult Jiu-Jitsu	
<b>Wed</b>		White Belt Ages: 4 - 7	Orange Belt Ages: 5 - 7	White Belt Ages: 8 - 12	White, Yellow Orange Adults	Black Belt Class	
<b>Thurs</b>		White Belt Ages: 8 - 12	White Belt Ages: 4 - 7	Orange Belt Ages: 8 - 12	Check Your Calendar	Adult Jiu-Jitsu	
<b>Fri</b>			Special Events				
			Check Your Calendar				
	<b>9:00 - 10:00</b>	<b>10:00 - 10:45</b>	<b>11:00 - 12:00</b>	<b>12:00 - 12:45</b>	<b>1:00 - 1:45</b>	<b>2:00 - 3:30</b>	
<b>Sat</b>		Brazilian Jiu-Jitsu	Kendo Ages 4 - 12	White, Yellow and Orange Adult 13 & Up	Green, Brown and Black Adult 13 & Up	<i>Birthday Parties</i>	

## Eagle Room Schedule

	12:00 - 1:00	4:30 - 5:15	5:15 - 6:00	6:00 - 6:45	6:45 - 7:30	7:30 - 8:30	8:30 - 9:00
<b>Mon</b>		Intro White Belt Ages 4-7		Intro White Belt Ages 8-12	Intro White Belt Ages 13 and Up		
<b>Tues</b>		Intro White Belt Ages 8-12	Intro White Belt Ages 4-7		6:30-7:15 <i>Wing Chun Kung-Fu Beginner</i>	7:15-8:30 <i>Wing Chun Kung-Fu Advanced</i>	
<b>Wed</b>		Intro White Belt Ages 4-7		Intro White Belt Ages 8-12	Intro White Belt Ages 13 and Up		
<b>Thurs</b>		Intro White Belt Ages 8-12	Intro White Belt Ages 4-7		6:30-7:15 <i>Wing Chun Kung-Fu Beginner</i>	7:15-8:30 <i>Wing Chun Kung-Fu Advanced</i>	
<b>Fri</b>							
		9:00 - 10:00	10:30 - 11:15	11:15 - 12:00	12:00 - 1:00	1:00 - 2:00	2:00 - 3:30
<b>Sat</b>			<i>Wing Chun Kung-Fu</i>	<i>Wing Chun Kung-Fu</i>			<i>Birthday Parties</i>