



# NEW YORK KARATE & KICKBOXING

170 N. MAIN STREET, NEW CITY, NY 10956

**(845) 634-4640**

## KICKBOXING SCHEDULE

| <b>Monday</b>                  | <b>Tuesday</b>                 | <b>Wednesday</b>               | <b>Thursday</b>                | <b>Friday</b>                  | <b>Saturday</b>                |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| KICKBOXING<br>8:15-9:15<br>AM  |                                | KICKBOXING<br>8:15-9:15<br>AM  |                                |                                | KICKBOXING<br>9:00-10:00<br>AM |
| KICKBOXING<br>9:30-10:30<br>AM | KICKBOXING<br>9:30-10:30<br>AM | KICKBOXING<br>9:30-10:30<br>AM | KICKBOXING<br>9:30-10:30<br>AM | KICKBOXING<br>9:30-10:30<br>AM |                                |
|                                |                                |                                |                                |                                |                                |
| KICKBOXING<br>6:00-7:00<br>PM  |                                | KICKBOXING<br>6:00-7:00<br>PM  |                                | KICKBOXING<br>6:00-7:00<br>PM  |                                |
|                                | KICKBOXING<br>7:30-8:30<br>PM  |                                | KICKBOXING<br>7:30-8:30<br>PM  |                                |                                |