



New York Karate & Kickboxing
170 N. Main Street, New City, NY 10956
(845) 634-4640
Kickboxing Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kickboxing 8:15-9:15		Kickboxing 8:15-9:15			Kickboxing 9:00-10:00
Kickboxing 9:30-10:30	Kickboxing 9:00-10:00	Kickboxing 9:30-10:30	Kickboxing 9:00-10:00	Kickboxing 9:00-10:00	
Kickboxing 6:00-7:00		Kickboxing 6:00-7:00		Kickboxing 6:00-7:00	
Kickboxing	Kickboxing 7:30-8:30		Kickboxing 7:30-8:30		BURN!

www.nykka.com