


THE BUSHIDO SCHOOL OF KARATE

257 Mamaroneck Avenue, White Plains, N.Y. 10605 (914) 993 - 0400

www.BushidoKarate.com

 /BushidoKarateNY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WE ARE OPEN!</b>		11:00 -12:00 pm <b>BJJ</b>	12:00 -1:30 pm <b>Invitation Only</b>		11:00 -12:00 pm <b>BJJ</b>	10:00 - 11:00 am <b>KIDS BEGINNER</b>
		12:30 -1:30 pm <b>ADULT BEG. &amp; INTERMEDIATE</b>			12:30 -1:30 pm <b>ADULT BEG. &amp; INTERMEDIATE</b>	
<b>OPEN MAT</b> 12:30 p.m. to 2:30 p.m.		4:00 - 4:30 pm Little Eagles®		4:00 - 4:30 pm Little Eagles®		
		5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm	5:00 - 6:00 pm	11:00 - 12:00 pm <b>KIDS INTERMEDIATE</b>
<b>CHANGE YOUR MIND, CHANGE YOUR BODY®</b> Martial Arts Fitness 2:45 p.m. to 3:45 p.m. <i>Open to the Public!</i>	<b>KIDS BEGINNER</b>	<b>KIDS INTERMEDIATE</b>	<b>KIDS BEGINNER</b>	<b>KIDS INTERMEDIATE</b>	<b>KIDS BEGINNER</b>	
	6:00 - 7:00 pm <b>KIDS INTERMEDIATE</b>	6:00 - 7:00 pm <b>KIDS BEGINNER</b>	6:00 - 7:00 pm <b>KIDS INTERMEDIATE</b>	6:00 - 7:00 pm <b>KIDS BEGINNER</b>	6:00 - 7:00 pm <b>KIDS INTERMEDIATE</b>	12:00 - 1:00 pm <b>ADVANCED - ALL AGES &amp; ADULT BEG. &amp; INTERMEDIATE</b>
	7:00 - 8:00 pm <b>ADVANCED - ALL AGES</b>	7:00 - 8:00 pm <b>ADVANCED - ALL AGES</b>	7:00 - 8:00 pm <b>ADULT BEG. &amp; INTERMEDIATE</b>	7:00 - 8:00 pm <b>ADVANCED - ALL AGES</b>	7:00 - 8:00 pm <b>ADULT BEG. &amp; INTERMEDIATE</b>	1:00 - 2:00 p.m. <i>Every Other Week</i> <b>SEMPAI TRAINING</b>
	8:00 - 9:00 pm <b>BJJ</b>	8:00 - 9:00 pm <b>ADULT BEG. &amp; INTERMEDIATE</b>	8:00 - 9:00 pm <b>BJJ</b>	8:00 - 9:00 pm <b>ADULT BEG. &amp; INTERMEDIATE</b>	<u>4th Stripe Fridays</u> Students with enough classes to be eligible for a 4th stripe should attend class on a Friday to be considered for testing.	

Add some "punch" to your child's party! Have a **Bushido Karate Birthday Party!**



**BUSHIDO'S POLICY ON MISSED CLASSES** We encourage students to maintain a consistent schedule, however, when they are unable to do this because of changes to Bushido's schedule, we will always permit students to re-schedule his or her missed classes. Please call us if you will miss a class due to illness or vacation. In these instances, we ask that you simply return to your normal schedule of classes.



We are the developers and owners of "Little Eagles®" Martial Arts!

