



THE BUSHIDO SCHOOL OF KARATE

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

 thebushidoschoolofkarate

www.BushidoKarate.com


 /BushidoKarateNY


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WE ARE OPEN!	9:30 - 10:30 a.m. Small Group Training <i>Mon & Fri, starts Sept. 10th</i>	11:00 - 12:00 pm BJJ			S.G.T. 9:30 a.m.	10:00 - 11:00 am KIDS BEGINNER & ADULT BEGINNER
		12:30 - 1:30 pm ADULT BEG. & INTERMEDIATE			11:00 - 12:00 pm BJJ	
OPEN MAT 12:30 p.m. to 2:30 p.m.		4:00 - 4:30 pm Little Eagles®		4:00 - 4:30 pm Little Eagles®	12:30 - 1:30 pm ADULT BEG. & INTERMEDIATE	11:00 - 12:00 pm KIDS INTERMEDIATE & ADULT INTERMEDIATE
	5:00 - 6:00 p.m. KIDS BEGINNER	5:00 - 6:00 pm KIDS INTERMEDIATE		5:00 - 6:00 pm KIDS INTERMEDIATE	5:00 - 6:00 pm KIDS BEGINNER	
CHANGE YOUR MIND, CHANGE YOUR BODY® Martial Arts Fitness 2:45 p.m. to 3:45 p.m. <i>Open to the Public!</i>	6:00 - 7:00 pm KIDS INTERMEDIATE	6:00 - 7:00 pm KIDS BEGINNER		6:00 - 7:00 pm KIDS BEGINNER	6:00 - 7:00 pm KIDS INTERMEDIATE	12:00 - 1:00 pm ADVANCED - ALL AGES
	7:00 - 8:00 pm ADVANCED - ALL AGES	7:00 - 8:00 pm ADVANCED - ALL AGES	7:00 - 8:00 pm ADULT BEG. & INTERMEDIATE	7:00 - 8:00 pm ADVANCED - ALL AGES	7:00 - 8:00 pm ADULT BEG. & INTERMEDIATE	
	8:00 - 9:00 pm BJJ	8:00 - 9:00 pm ADULT BEG. & INTERMEDIATE	8:00 - 9:00 pm BJJ	8:00 - 9:00 pm ADULT BEG. & INTERMEDIATE	4th Stripe Fridays 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!



Online tutorials and teaching aids!

 BushidoKarate.vhx.tv

 Bushido School of Karate - F.I.S.T.



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!