



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!		11:00 - 12:00 pm BJJ		11:00 - 12:00 pm BJJ		10:00 - 11:00 am KIDS BEGINNER & ADULT BEGINNER
		12:30 - 1:30 pm ADULT BEG. & INTERMEDIATE		12:30 - 1:30 pm ADULT BEG. & INTERMEDIATE		11:00 - 12:00 pm KIDS INTERMEDIATE & ADULT INTERMEDIATE
OPEN MAT 12:30 p.m. to 2:30 p.m.	5:00 - 6:00 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		
CHANGE YOUR MIND, CHANGE YOUR BODY® Martial Arts Fitness 2:45 p.m. to 3:45 p.m. <i>Open to the Public!</i>	KIDS BEGINNER	KIDS INTERMEDIATE		KIDS INTERMEDIATE	KIDS BEGINNER	12:00 - 1:00 pm ADVANCED - ALL AGES
	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	
	7:00 - 8:00 pm	7:00 - 8:00 pm		7:00 - 8:00 pm ADULT BEG. & INTERMEDIATE	7:00 - 8:00 pm ADULT BEG. & INTERMEDIATE	
	ADVANCED - ALL AGES	ADVANCED - ALL AGES		8:00 - 9:00 pm ADULT BEG. & INTERMEDIATE	8:00 - 9:00 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	

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.

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.



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!