



THE MARTIAL ARTS INSTITUTE

Teaching

THE ARANGO KARATE SYSTEM

593 Broadway • Massapequa, NY 11758 • (516) 795-4102



空手道

CLASS SCHEDULE

Effective January, 2020

Juniors Classes 12 yrs & Under

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	9:00 - 9:45
Yellow	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	W/Y/O
Orange to Brown	5:45 - 6:45	5:45 - 6:45	5:45 - 6:45	5:45 - 6:45	5:45 - 6:45	10:00 - 11:00
	MMA Brazilian Jiu Jitsu	Sparring & Randori in Class	Sparring & Randori in Class	Weapons Class	Sparring & Randori in Class	Green & up 11:00 - 12:00 Sparring/Randori Competition Team Training

*** Purple & up children can come to any adult classes ***

Adults Morning Classes

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Ranks	---	10:00 - 11:00	---	10:00 - 11:00	---	10:00 - 11:00

Adults Classes

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Ranks	5:45 - 6:45	5:45 - 6:45	5:45 - 6:45	5:45 - 6:45	5:45 - 6:45	10:00 - 11:00
White/Yellow	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00	10:00 - 11:00
Orange	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00	Personal Protection Self-Defense All Ranks	MMA Brazilian Jiu Jitsu	10:00 - 11:00
Green	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00			10:00 - 11:00
Purple to Black	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00		7:00 - 8:00	11:00 - 12:00
	MMA Brazilian Jiu Jitsu	Sparring & Randori in Class	Sparring & Randori in Class		Open Training Class & Privates	Sparring/Randori Competition Team Training

8 out of 10 of our new students were recommended to us by someone who already takes classes here... WE APPRECIATE THAT! Don't keep martial arts a secret, bring someone you care about to class!

Hand Out Your V.I.P. Cards
Visit Our Website at www.arangowarrior.com

*** Children's Safety Classes Every Saturday *** Nutrition Talk Saturday Mornings ***

*** See Monthly Calendar & White Board For Schedule ***