

35 FRONTAGE ROAD EAST HAVEN

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WWW.LEARNKEMPO.COM

MASTER INSTRUCTOR - ROSS W. ANTISDEL JR.

SENSEI MICHELE ANTISDEL YOGA AND KB INSTRUCTOR

SEMPAI'S - GINNY WALDMAN • MIKE AIELLO



OFFERING CLASSES FOR ADULTS

AND CHILDREN IN:

SHAOLIN KEMPO • KICK BOXING

• YOGA • ZUMBA • CHANBARA

• KICKIN IT FITNESS

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Dojo	Fitness	Dojo	Fitness	Dojo	Fitness	Dojo	Fitness	Dojo	Fitness	Dojo	Fitness
9:00 9:30 am KF		9:00 9:30 am KF		9:00 9:30 am KF		9:00 9:30 am KF					
4:00 - 4:30 ATP	3:30 - 4:00 KF		4:00 - 4:30 Kids KB	4:00 - 4:30 ATP	3:30 - 4:00 KF	4:00 - 4:30 ATP	4:00 - 4:30 Kids KB	4:00 - 4:30 ATP		8:45 - 9:15 Tiny Tigers	8:30 - 9:30 ZUMBA
4:30 - 5:15 All Kempo		4:30 - 5:15 All Kempo		4:30 - 5:15 All Kempo	4:30 - 5:15 KF	4:30 - 5:15 All Kempo	4:30 - 5:15 KF	4:30 - 5:15 All Kempo		9:15 - 9:45 Club	
5:15 - 5:45 Sparring	5:45 - 6:30 KF	5:15 - 5:45 Club	5:30 - 6:30 ZUMBA	5:15 - 5:45 Club	5:15 - 5:45 ATP	5:15 - 5:45 Sparring	5:15 - 6:15 tumbling	5:15 - 5:45 Club	5:15 - 5:45 Club	9:45 - 10:30 All Kempo	9:30 - 10:30 Yoga
5:45 - 6:15 Tiny Tigers	6:30 - 7:30 ZUMBA	5:45 - 6:15 ATP		5:45 - 6:15 Tiny Tigers	5:45 - 6:30 KF	5:45 - 6:15 ATP		5:15 - 6:15 tumbling	5:45 - 6:30 KF	5:45 - 6:30 KF	10:30 - 11:00 Chanbara
6:15 - 7:00 All Kempo		6:15 - 6:45 Club	6:30 - 7:30 Yoga	6:15 - 7:00 All Kempo	6:30 - 7:30 ZUMBA	6:15 - 6:45 Club					11:00 - 11:30 KF
7:00 - 7:30 Club		6:45 - 7:30 Advanced & Adult Kempo		7:00 - 7:30 Club			6:45 - 7:30 Advanced & Adult Kempo				11:30 - 12:00 ATP
7:30 - 8:15 Advanced & Adult Kempo			7:30 - 8:15 KF	7:30 - 8:15 Advanced & Adult Kempo			7:30 - 8:15 KF				

TINY TIGERS 3-5 YEARS OLD • ADULT KEMPO 13 AND UP ADVANCED KEMPO BLUE AND UP • KF - KICKIN IT FITNESS. SCHEDULE STARTS 11/1/11
 Birthday parties are available on Saturday afternoons book early as times are limited.