

35 FRONTAGE ROAD EAST HAVEN

468-7287 INFO@LEARNKEMPO.COM

[WWW.LEARNKEMPO.COM](http://WWW.LEARNKEMPO.COM)

MASTER INSTRUCTOR - ROSS W. ANTISDEL JR.

FITNESS CLASS DIRECTOR - MICHELE ANTISDEL

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	
9:00 - 9:30 am KF		9:00 - 9:30 am KF		9:00 - 9:30 am KF		9:00 - 9:30 am KF			9:00 - 9:30am Tiny Tigers	
		9:30 - 10:30 ZUMBA				9:30 - 10:30 ZUMBA				
4:00 - 4:30 ATP	3:30 - 4:00 KF	4:00 - 4:30 ATP	4:00 - 4:30 Club	4:00 - 4:30 ATP	3:30 - 4:00 KF	4:00 - 4:30 ATP	4:00 - 4:30 Club	4:00 - 4:30 ATP	9:30 - 10:00 Club	9:30 - 10:30 Yoga
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	4:30 - 5:15 KF	4:30 - 5:15 All Kempo	4:30 - 5:15 KF	4:30 - 5:15 All Kempo	10:00 - 10:45 All Kempo	10:30 - 11:30 ZUMBA
5:15 - 5:45 Sparring	5:15 - 5:45 Kids Kick Boxing	5:15 - 6:00 Beginner Tumbling	5:30 - 6:30 ZUMBA	5:15 - 5:45 Club	5:15 - 5:45 Kids Kick Boxing	5:15 - 6:00 Beginner Tumbling	5:30 - 6:15 KF	5:15 - 5:45 Club	10:45 - 11:15 Chanbara	11:30 - 12:15 KF
5:45 - 6:15 Tiny Tigers	5:45 - 6:30 KF	6:00 - 6:45 Advanced Tumbling	6:15 - 6:45 Club	5:45 - 6:15 Tiny Tigers	5:45 - 6:30 KF	6:15 - 6:45 Advanced Tumbling	6:15 - 7:15 ZUMBA	5:45 - 6:30 KF		
6:15 - 7:00 All Kempo	6:30 - 7:30 ZUMBA	6:45 - 7:45 Advanced & Adult Kempo	6:45 - 7:45 Yoga	6:15 - 7:00 All Kempo	6:30 - 7:30 ZUMBA	6:15 - 6:45 Club	7:45 - 8:30 KF			
7:00 - 7:30 Club	7:30 - 8:30 ZUMBA		7:45 - 8:30 KF	7:00 - 7:30 Club	7:30 - 8:30 ZUMBA	6:45 - 7:45 Advanced & Adult Kempo				
7:30 - 8:30 Advanced & Adult Kempo				7:30 - 8:30 Advanced & Adult Kempo						

TINY TIGERS 3-5 YEARS OLD • ADULT KEMPO 13 AND UP ADVANCED KEMPO BLUE AND UP • KF - KICKIN IT FITNESS. SCHEDULE STARTS 2/13/12  
 Birthday parties are available on Saturday afternoons book early as times are limited.