

TAECOLTAEKWD OCTOBER 2025

SUNDAY
NINJA SKILLS

MONDAY
FORMS/KICKS

TUESDAY
SP & BASICS

WEDNESDAY
FORMS

THURSDAY
AGILITY / OBSTACLE

FRIDAY
FUN DAY

SATURDAY
SP/REVIEW



RMHC
RAY MESSINA
HEALTH COACHING

Bethpage
BEST OF LI
NORTH JONESTOWN, ON

naeyc
Accredited



NINJA CLASS 5 10am Pee Wee (3-6yrs) (50min) 11-12pm 7yrs & Up (1hr)	4:10pm Pee Wee 5pm Juniors 6pm Super Juniors 7pm Black Belts 90	5pm Juniors WT-KW (45) 5:45 pm Juniors SP (45) 6:30 SJ WT-Yellow (45) 7:15 SJ SP (45) 8pm Teen & Adult 1hr	4:10pm Pee Wee 5pm Juniors WT-KW (45) 5:45 pm Juniors (45) 6:30 SJ WT-KR (45) 7:15 Black Belt SWO 8pm Teen & Adult 1	5pm Juniors WT-KW(45) 6pm Juniors (45) 7pm SJ (1hr) 8pm Teen & Adults 1hr	4:10pm Pee Wee 5pm Juniors (55) 6pm Super Juniors (55) 7:30 Teen & Adult (1hr)	10am 3-6yr **10:45am (45) White & High white belts SPARRING CLASS 11:30am Juniors 55min 12:30 SJ/Teen/Adults
NINJA CLASS 12 10am Pee Wee (3-6yrs) (50min) 11-12pm 7yrs & Up (1hr)	9-3PM CAMP 13	5pm Juniors WT-KW (45) 5:45 pm Juniors SP (45) 6:30 SJ WT-Yellow (45) 7:15 SJ SP (45) 8pm Teen & Adult 1hr	4:10pm Pee Wee 5pm Juniors WT-KW (45) 5:45 pm Juniors (45) 6:30 SJ WT-KR (45) 7:15 Black Belt SWO 8pm Teen & Adult 1	5pm Juniors WT-KW(45) 6pm Juniors (45) 7pm SJ (1hr) 8pm Teen & Adults 1hr	4:10pm Pee Wee 5pm Juniors (55) 6pm Super Juniors (55) 7:30 Teen & Adult (1hr)	10am 3-6yr **10:45am (45) White & High white belts SPARRING CLASS 11:30am Juniors 55min 12:30 SJ/Teen/Adults
NINJA CLASS 19 10am Pee Wee (3-6yrs) (50min) 11-12pm 7yrs & Up (1hr)	CAMP 9-3PM 20 4:10pm Pee Wee 5pm Juniors 6pm Super Juniors	5pm Juniors WT-KW (45) 5:45 pm Juniors SP (45) 6:30 SJ WT-Yellow (45) 7:15 SJ SP (45) 8pm Teen & Adult 1hr	4:10pm Pee Wee 5pm Juniors WT-KW (45) 5:45 pm Juniors (45) 6:30 SJ WT-KR (45) 7:15 Black Belt SWO 8pm Teen & Adult 1	5pm Juniors WT-KW(45) 6pm Juniors (45) 7pm SJ (1hr) 8pm Teen & Adults 1hr	COSTUME PARTY! 24 4-5:30PM 3-6years 6-8PM Everyone else	10am 3-6yr **10:45am (45) White & High white belts SPARRING CLASS 11:30am Juniors 55min 12:30 SJ/Teen/Adults
NO CLASSES. 26 JOIN US AT THE SPOOKY WALK AT BOTANICAL GARDENS	4:10pm Pee Wee 5pm Juniors 6pm Super Juniors 7pm Black Belts 90	5pm Juniors WT-KW (45) 5:45 pm Juniors SP (45) 6:30 SJ WT-Yellow (45) 7:15 SJ SP (45) 8pm Teen & Adult 1hr	4:10pm Pee Wee 5pm Juniors WT-KW (45) 5:45 pm Juniors (45) 6:30 SJ WT-KR (45) 7:15 Black Belt SWO 8pm Teen & Adult 1	5pm Juniors WT-KW(45) 6pm Juniors (45) 7pm SJ (1hr) 8pm Teen & Adults 1hr	NO CLASSES HAPPY HALLOWEEN 31	10am 3-6yr **10:45am (45) White & High white belts SPARRING CLASS 11:30am Juniors 55min 12:30 SJ/Teen/Adults

516-739-7699

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