(631) 206-3656 bayshoremartialarts.com

CLASS SCHEDULE EFFECTIVE JANUARY 2025

271 West Main Street Bay Shore, NY 11706

🔅 MORNING CLASSES

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM						
		Adult		Adult		Adult
		All Ranks		All Ranks		All Ranks
		9:15 AM - 10:15 AM		9:15 AM - 10:15 AM		9:15 AM - 10:15 AM
10:15 AM						
		s.	Sparring Adults 10:15 AM - 11:00 AM			
11:00 AM —			iny Tigers 3 to 4 yrs. YOUTH th Beginner A & B 7 to 1	ADULTS		Youth Groups Combined
11:45 PM —	Ask about ou	r combination	Youth Intermediate A & B 7 to 10 yrs.		ADULTS BJJ	11:00 AM - 11:45 AM
			uth Class A & B 11 to 15	yrs. Ages 15 yrs. &	Up	

CAFTERNOON / EVENING CLASSES

PM	Monday	Tuesday	Wednesday	Thursday	Friday
4:30 PM 5:00 PM	Little Ninjas 5 to 6 years old 4:30 PM - 5:00 PM	Tiny Tigers 3 to 4 years old 4:30 PM - 5:00 PM	Little Ninjas 5 to 6 years old 4:30 PM - 5:00 PM	Tiny Tigers 3 to 4 years old 4:30 PM - 5:00 PM	Little Ninjas 5 to 6 years old 4:30 PM - 5:00 PM
15 PM	Youth Beginner A 7 to 10 years old 5:00 PM - 5:45 PM	Youth Intermediate B 7 to 10 years old 5:00 PM - 5:45 PM	Youth Beginner B 7 to 10 years old 5:00 PM - 5:45 PM	Youth Intermediate A 7 to 10 years old 5:00 PM - 5:45 PM	Youth Sparring 7 to 15 year old 5:00 PM - 5:45 PM
65 PM	Youth Intermediate A 7 to 10 years old 5:45 PM - 6:30 PM	Youth Beginner B 7 to 10 years old 5:45 PM - 6:30 PM	Youth Intermediate B 7 to 10 years old 5:45 PM - 6:30 PM	Youth Beginner A 7 to 10 years old 5:45 PM - 6:30 PM	
	Youth Class A 11 to 15 years old 6:30 PM - 7:15 PM	Youth Class B 11 to 15 years old 6:30 PM - 7:15 PM	Youth Class B 11 to 15 years old 6:30 PM - 7:15 PM	Youth Class A 11 to 15 years old 6:30 PM - 7:15 PM	Adult
5 PM 80 PM			Sparring 1st		All Ranks
30 PM	Adult All Ranks 7:30 PM - 8:30 PM	Adult All Ranks 7:30 PM - 8:30 PM	Wednesday of each month Black Belts all other Wednesdays 7:30 PM - 8:30 PM	Adult All Ranks 7:30 PM - 8:30 PM	7:00 PM - 8:00 PM
	Adult All Ranks 8:30 PM - 9:30 PM	Brazillian Jiu Jitsu Adult 8:30 PM - 9:30 PM	Adult All Ranks 8:30 PM - 9:30 PM	Brazillian Jiu Jitsu Adult 8:30 PM - 9:30 PM	
PM					