

(631) 206-3656

bayshoremartialarts.com


# CLASS SCHEDULE

EFFECTIVE APRIL 2026

271 West Main Street

Bay Shore, NY 11706

## ☀ MORNING CLASSES

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:15 AM		Adult All Ranks 9:15 AM - 10:15 AM		Adult All Ranks 9:15 AM - 10:15 AM		Adult All Ranks 9:15 AM - 10:15 AM	
10:15 AM							
10:30 AM	 <p style="text-align: center;"><b>CHILDREN</b></p> <p><b>Tiny Tigers</b> 3 to 4 yrs.    <b>Little Ninjas</b> 5 to 6 yrs.</p> <p style="text-align: center;"><b>YOUTH</b></p> <p><b>Youth Beginner</b> 7 to 10 yrs.    <b>ADULTS</b> Ages 16 yrs. &amp; Up</p> <p><b>Youth Intermediate</b> 7 to 10 yrs.    <b>ADULTS BJJ</b> Ages 16 yrs. &amp; Up</p> <p><b>Youth Class</b> 11 to 15 yrs.    <b>ADULTS BJJ</b> Ages 16 yrs. &amp; Up</p>						Youth Groups Combined 10:30 AM - 11:15 AM
11:15 AM							

## ☾ AFTERNOON / EVENING CLASSES

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