



AMERICAN ACADEMY OF SELF DEFENSE

2235 Michael Dr, Newbury Park, Ca 91320

(805) 499-1799

<http://www.npkaratekids.com>

EFFECTIVE DATE: Jan 2021

Please arrive 10 minutes previous to your class

	PRE DRAGONS 3 1/2 - 5 yrs.	LITTLE DRAGONS 5 - 6 yrs.	JUNIOR DRAGONS #Beginners 7 - 12 yrs.	JUNIOR & LITTLE DRAGONS ALL BELTS	JUNIOR DRAGONS ###Advanced 7 - 12 yrs.	SENIOR DRAGONS 13 yrs. & up	KICKROBICS / KICKBOXING 13 yrs. & up	F.I.S.T. SELF DEFENSE COURSE
MONDAY		4:00 - 4:45 PM All Belts	4:45 - 5:30 PM Wh, Yel, Ora, Pur, Blu, Belts	PRIVATE& INTRO LESSONS 6:15 - 7:00PM	5:30-6:15 PM Green,Brown & Black Belts	10:00 11:00 AM All Belts	9:00-10:00 AM 7:00 - 8:00 PM	To be announced 6:15 - 7:00 PM
TUESDAY	5:30 - 6:15 PM All Belts	5:30 - 6:15 PM All Belts	4:00 - 4:45 PM Wh, Yel, Ora, Pur, Blu, Belts	PRIVATE& INTRO LESSONS 6:15 - 7:00PM	4:45 - 5:30 PM Green,Brown & Black Belts	10:00 - 11:00 AM All Belts 7:00 - 8:00 PM All Belts	9:00-10:00 AM	
WEDNESDAY		4:45 - 5:30 PM All Belts	5:30 - 6:15 PM Wh, Yel, Ora, Pur, Blu, Belts	PRIVATE& INTRO LESSONS 6:15 - 7:00PM	4:00 - 4:45 PM Green,Brown & Black Belts	10:00 - 11:00 AM All Belts	9:00 - 10:00 AM 7:00 - 8:00 PM	6:15 - 7:00 PM
THURSDAY	5:30- 6:15 PM All Belts	5:30 - 6:15 PM All Belts	4:45 - 5:30 PM Wh, Yel, Ora, Pur, Blu, Belts	MAKE UP CLASS JR. & LITTLE DRAGONS ALL BELTS 6:15 -7:00PM	4:00 - 4:45 PM Green,Brown & Black Belts	10:00 - 11:00 AM All Belts 7:00 - 8:00PM All Belts	9:00-10:00 AM	
FRIDAY		4:00 - 4:45 PM All Belts	4:45 - 5:30 PM *BBC Ora, Pur,Blu, Grn, Belts	MAKE UP CLASS JR. & LITTLE DRAGONS ALL BELTS 6:15 -7:00PM	5:30 - 6:15 PM *BBC Brown & Black Belts	MAKE UP CLASS 6:15 - 7:00PM All Belts		
SATURDAY		RESERVED FOR BELT TESTING	& SPECIAL SEMINARS					

Class Times Subject to Change!!!

* BBC= Black Belt Club

Jr. Beginner White, Yellow, Orange, Purple, Blue Belts.

Jr. Advanced Green, Brown, Black Belts.

F.I.S.T. is 10 WEEK SELF DEFENSE COURSE AS SCHEDULED

School is open 6:15 to 7:00pm daily, However that time will be used for Private and introductory lessons.