

SHAOLIN KEMPO ACADEMY

35 FRONTAGE ROAD EAST HAVEN

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WWW.LEARNKEMPO.COM

MASTER ROSS W. ANTISDEL JR.

YOGA CLASSES BY MICHELE ANTISDEL

TRAIN LIKE A TIGER



FIGHT LIKE A DRAGON

OFFERING PRIVATE AND GROUP
INSTRUCTION FOR ADULTS AND CHILDREN IN:
SHAOLIN KEMPO KUNG FU • YOGA
TUMBLING & TRICKING • KFX (Kick boxing)
CHANBARA (SPORT SWORD FIGHTING)

Monday			Tuesday			Wednesday			Thursday		Friday	Saturday				
8:45 - 10:00 am KFX			8:45 - 10:00 am KFX			8:45 - 10:00 am KFX			8:45 - 10:00 am KFX		8:45 - 10:00 am KFX	8:15 - 9:00 KFX				
10:00 - 3:00 pm by appointment only												9:00 - 10:15 am YOGA				
4:00 - 4:30 Club		3:10 - 4:30 KFX		4:00 - 4:30 Club		3:00 - 4:30 KFX		4:00 - 4:30 Club		3:00 - 4:30 KFX		4:00 - 4:30 Club	9:00 - 9:30 Club			
4:30 - 5:15 Open Kempo		4:00 - 6:00 Open Mat		4:30 - 5:15 Open Kempo		4:30 - 7:30 Open Mat		4:30 - 5:15 Open Kempo		4:30 - 7:00 Open Mat		4:30 - 5:15 Open Kempo		9:30 - 10:15 Open Kempo		
5:15 - 6:00 Beginner Sparring				5:15 - 6:00 Tumbling and Tricking				5:15 - 6:00 Sparring				5:15 - 6:00 Tumbling and Tricking		5:15 - 6:15 Team SKA Competition		10:15 - 11:00 Chanbara
6:00 - 6:45 Beginner	6:00 - 6:30 Tiny Tigers	6:00 - 6:45 KFX	6:00 - 6:45 Open Kempo		6:00 - 6:45 Beginner			6:00 - 6:30 Tiny Tigers	6:00 - 6:45 KFX			6:00 - 6:45 Open Kempo		6:15 - 7:15 Team SKA Performance		11:00 - 11:30 ATP
6:45 - 7:30 Advanced Kempo & Adults		6:45 - 8:00 Yoga		6:45 - 7:30 Beginner Sparring				7:30 - 8:45 KFX				6:45 - 7:30 Advanced Kempo & Adults		7:00 - 8:45 KFX		4:00 - 7:00 Open Mat
7:30 - 8:45 Advanced Sparring				7:30 - 8:15 Kung Fu		7:30 - 8:15 Kung Fu				6:45 - 8:00 Advanced Sparring						
		8:00 - 8:45 KFX		8:15 - 9:00 KFX												

Stay up to date on all things SKA at our website www.learnkempo.com. Join the mailing list to stay informed . Schedule starts on 4/10/17

Birthdays parties are available on Saturday afternoons book early as times are limited.