

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

SPORT KARATE • Kick Boxing

CHANBARA (SPORT SWORD FIGHTING)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:45 am - 10:15 am Kick Boxing

8:15 - 9:00
Kick Boxing

4:00 - 4:30 Club	3:00 - 4:30 Kick Boxing	4:00 - 4:30 Club	3:00 - 4:30 Kick Boxing	4:00 - 4:30 Club	3:00 - 4:30 Kick Boxing	4:00 - 4:30 Club	3:00 - 4:30 Kick Boxing	4:00 - 4:30 Club	9:00 - 9:30 Tiny Tigers	9:00 Yoga
									9:30 - 10:25 Open Kempo	10:15
4:40 - 5:30 Open Kempo		4:40 - 5:30 Open Kempo		4:40 - 5:30 Open Kempo		4:40 - 5:30 Open Kempo		4:40 - 5:30 Open Kempo		10:30 - 11:00 Sparring
5:40 - 6:10 Sparring		5:40 - 6:10 Tiny Tigers		5:40 - 6:10 Sparring		5:40 - 6:10 Creative		5:30 - 6:15 Team SKA Competition		11:00 - 11:30 Chanbara
6:10 - 6:50 Beginner	6:00 - 6:45 Kick Boxing	6:10 - 7:00 Open Kempo		6:10 - 6:50 Beginner	6:00 - 6:45 Kick Boxing	6:10 - 7:00 Open Kempo		6:15 - 7:00 Team SKA Performance		11:30 - 12:00 Club
7:00 - 7:50 Advanced	6:45 - 8:00 Yoga	7:00 - 7:45 Kick Boxing		7:00 - 7:50 Advanced		7:00 - 7:45 Kick Boxing		Private lessons are Available by appointment		
7:50 - 8:20 Sparring				7:50 - 8:20 Club						

Stay up to date on all things SKA at our website www.learnkempo.com. Join the mailing list to stay informed . Schedule starts on 2/1/18

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