

On a quest to make you your best!!

Schedule Effective
1/2/2017



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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					7:00 – 8:00 Teen & Adult
	9:15 – 10:15 Cardio Kickboxing	9:15 – 10:15 Cardio Kickboxing	9:15 – 10:15 Cardio Kickboxing		8:00 – 9:00 Cardio Kickboxing
					9:00 – 9:30 Commandos
					9:45 – 10:30 Kids
	4:00-4:30 Tiny Tigers		4:00-4:30 Tiny Tigers		10:45 – 11:30 Little Dragons
	4:30 – 5:15 Little Dragons	4:30 – 5:15 Little Dragons	4:30 – 5:15 Little Dragons		11:30 – 12:00 Tiny Tigers
	5:15 – 6:00 Kids	5:15 – 6:00 Kids	5:15 – 6:00 Kids		
6:30 – 7:15 Kids Jiu-Jitsu	6:00-6:45 Advanced Kids	6:00 – 7:00 Weapons	6:00-6:45 Advanced Kids		
7:30 – 8:30 Uechi-Ryu Karate	6:45 – 7:45 Open Matt Teen & Adult	7:00-7:45 Kids Jiu-Jitsu	6:45 – 7:45 Teen & Adult		
8:30 – 9:30 Demian Maia Jiu-Jitsu	7:45 – 8:45 Teen & Adult	7:45-8:45 Uechi-Ryu Karate	7:45 – 8:45 Black Belt Class		
	8:45 – 9:30 Adults	8:45-9:45 Demian Maia Jiu-Jitsu			

All STUDENTS must call to be excused from class! (Please give a reason)

Tiny Tigers (3 – 5 years old)---30 minute class. Promotes listening, fine motor & socialization skills, fun.

Little Dragons (Ages 5 -7 years old)-- 45 minute class. Promotes self -discipline, self-control, focus, exercise and respect.

Kids (Ages 8 – 12 years old)-- 45 minute class. Promotes self-confidence, coordination, self-defense, teamwork, cardio.

Advanced Kids -- 45 minute class. More advanced techniques and advance kata introduced, with a major focus on self-discipline.

Teens -- 1 hour class. This class focuses on building self-esteem, and the inner strength to say NO to peer pressure. Stress release environment.

Adults – 1 hour class. Focus here is self- defense, exercise and fun. Reduces stress and allows you to reach goals that you thought were impossible.

Black Belt Class – A chance for the higher ranks to work together on more advanced moves.

Commandos – 30 Minute class for students with special needs.

Special events – Includes graduations, board breaking class, fight class, invitation only class and Self Defense course. Boy and Girl Scout badge course. Private instruction with Sensei Kately.

Cardio Kickboxing – A combination of karate strikes and kicks with cardio aerobic moves. Utilization of the heavy bag as well as free weights and mats. A great way to get in shape!

Dress Code

*All uniforms must be clean and presentable.
Sleeves and pant legs must be worn so as to not interfere with class.
(Either folded tightly or hemmed)*

Long hair must be pulled back.