



THE MARTIAL ARTS INSTITUTE

Teaching

THE ARANGO KARATE SYSTEM

593 Broadway • Massapequa, NY 11758 • (516) 795-4102



CLASS SCHEDULE

Effective September, 2024

Children's Classes

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Yellow	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	4:45 - 5:30	9:00 - 9:45
Orange	5:45 - 6:45	4:45 - 5:30	5:45 - 6:45	4:45 - 5:30	5:45 - 6:45	9:00 - 9:45
Green Purple Brown	5:45 - 6:45	MMA Boxing Kickboxing	5:45 - 6:45	5:45 - 6:45 Weapon Training	5:45 - 6:45 MMA Brazilian Jiu Jitsu	10:00 - 11:00

Adult Morning Classes

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Ranks	---	10:00 - 11:00	---	10:00 - 11:00	---	10:00 - 11:00

Adult Evening Classes

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Ranks	7:00 - 8:00 All Ranks Curriculum	7:00 - 8:00 All Ranks Curriculum	7:00 - 8:00 All Ranks Curriculum	7:00 - 8:00 MMA Boxing Kickboxing	7:00 - 8:00 MMA Brazilian Jiu Jitsu	10:00 - 11:00 All Ranks Curriculum
All Ranks	8:00 - 8:30 Sparring	8:00 - 8:30 Sparring	8:00 - 8:30 Sparring	8:00 - 8:30 Sparring	Open Training & Privates	11:00 - 11:30 Sparring

8 out of 10 of our students were recommended to us by someone who already takes classes here... WE APPRECIATE THAT! Don't keep martial arts a secret! Bring someone you care about to class!

Hand Out Your V.I.P. Cards

Visit Our Website at arangowarrior.com



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facebook.com/ArangoSensei



Arango Warriors

