

(631) 206-3656

bayshoremartialarts.com


CLASS SCHEDULE

EFFECTIVE JAN 2024

271 West Main Street

Bay Shore, NY 11706

☀ MORNING CLASSES

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
9:15 AM		Adult All Ranks 9:15 AM - 10:15 AM		Adult All Ranks 9:15 AM - 10:15 AM		Adult All Ranks 9:15 AM - 10:15 AM				
10:15 AM	 <p style="text-align: center;">CHILDREN</p> <p style="text-align: center;">Tiny Tigers 4 yrs. Little Ninjas 5 to 6 yrs.</p> <p style="text-align: center;">YOUTH</p> <p style="text-align: center;">Youth Beginner 7 to 10 yrs. Ages 16 yrs. & Up</p> <p style="text-align: center;">Youth Intermediate 7 to 10 yrs. ADULTS BJJ</p> <p style="text-align: center;">Youth Class A & B 11 to 15 yrs. Ages 15 yrs. & Up</p> <p><i>Ask about our combination packages and family plan.</i></p>					Sparring Adults 10:15 AM - 11:00 AM				
11:00 AM										
11:15 AM										Youth Groups Combined 11:15 AM - 12:00 Noon
12:00 PM										

☾ AFTERNOON / EVENING CLASSES

PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 PM	Little Ninjas 5 & 6 yr. olds 4:30 PM - 5:00 PM	Tiny Tigers 4 yr. olds 4:30 PM - 5:00 PM	Little Ninjas 5 & 6 yr. olds 4:30 PM - 5:00 PM	Tiny Tigers 4 yr. olds 4:30 PM - 5:00 PM	Little Ninjas 5 & 6 yr. olds 4:30 PM - 5:00 PM	
5:00 PM	Youth Beginner A 7-10 yr. olds 5:00 PM - 5:45 PM	Youth Intermediate B 7-10 yr. olds 5:00 PM - 5:45 PM	Youth Beginner B 7-10 yr. olds 5:00 PM - 5:45 PM	Youth Intermediate A 7-10 yr. olds 5:00 PM - 5:45 PM	Youth Sparring 7-15 yr. olds 5:00 PM - 5:45 PM	
5:45 PM	Youth Intermediate A 7-10 yr. olds 5:45 PM - 6:30 PM	Youth Beginner B 7-10 yr. olds 5:45 PM - 6:30 PM	Youth Intermediate B 7-10 yr. olds 5:45 PM - 6:30 PM	Youth Beginner A 7-10 yr. olds 5:45 PM - 6:30 PM		
6:30 PM	Youth Class A 11-15 yr. olds 6:30 PM - 7:15 PM	Youth Class B 11-15 yr. olds 6:30 PM - 7:15 PM	Youth Class B 11-15 yr. olds 6:30 PM - 7:15 PM	Youth Class A 11-15 yr. olds 6:30 PM - 7:15 PM		
7:15 PM						
7:30 PM	Adult All Ranks 7:30 PM - 8:30 PM	Adult All Ranks 7:30 PM - 8:30 PM	Sparring Adults 7:30 PM - 8:30 PM	Adult All Ranks 7:30 PM - 8:30 PM	Adult All Ranks 7:30 PM - 8:30 PM	
8:30 PM	Adult All Ranks 8:30 PM - 9:30 PM	Brazilian Jiu Jitsu Adult 8:30 PM - 9:30 PM	Black Belts 1st Wed of each month All Ranks/All other Wed 8:30 PM - 9:30 PM	Brazilian Jiu Jitsu Adult 8:30 PM - 9:30 PM		
9:30 PM						