



LEHIGH VALLEY MARTIAL ARTS



Our Mission:

To Believe in, Push and Inspire everyone in our family to continually become a better version of themselves

PALMER

Monday	Tuesday	Wednesday	Thursday	Friday
3:00 – 3:45 Beginner		Little Ninjas 3:30-4:00		Little Ninjas 3:30-4:00
Advanced 4:15 – 5:00	Intermediate 4:00-4:45	Beginner 4:30 – 5:15	Intermediate 4:00-4:45	Expert & Silver 4:00 – 4:45
Leadership 5:00 – 5:15	Leadership 4:45 – 5:00		Leadership 4:45 – 5:00	Leadership 4:45 – 5:00
	Little Ninjas 5:00 – 5:30		Little Ninjas 5:00 – 5:30	Beginners 5:00 – 5:45
Intermediate 5:15 – 6:00	5:30 – 6:15 Beginners	Intermediate 5:15 – 6:00	5:30 – 6:15 Beginners	Intermediate 5:45 – 6:30
Leadership 6:00 – 6:15		Leadership 6:00 – 6:15		Leadership 6:30 – 6:45
6:15 – 7:00 Silver Belt	Advanced 6:15 – 7:00	6:15 – 7:00 Silver Belt	Advanced 6:15 – 7:00	Advanced 6:45 – 7:30
Leadership 7:00 – 7:15	Leadership 7:00 – 7:15	Leadership 7:00 – 7:15	Leadership 7:00 – 7:15	Leadership 7:30 – 7:45
Expert 7:15 – 8:15	Expert 7:15 – 8:15	Expert 7:15 – 8:15	Expert 7:15 – 8:15	
	Teen/Adult 8:15 – 9:15	Teen/Adult 8:15 – 9:15	Teen/Adult 8:15 – 9:15	Teen/Adult 7:45 – 8:45

Effective: October 28th, 2024

- ◇ *Private lessons* with an instructor are available by appointment.
- ◇ *Tutoring sessions* must be reserved in advance.
- ◇ *Karate Levels:* Beginner, white-yellow; Intermediate, yellow-high green; Advanced, red-high brown; Silver, Silver; Expert, Black Belt

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