



# LEHIGH VALLEY MARTIAL ARTS



*Our Mission:*

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

## EMMAUS

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>Leadership 4:00-4:15</b>
Beginner 4:15 – 5:00	Intermediate 4:00 – 4:45	Beginner 4:15 – 5:00	Advanced 4:00 – 4:45	Expert 4:15 – 5:15
	<b>Leadership 4:45 – 5:00</b>		<b>Leadership 4:45 – 5:00</b>	Silver Belt 4:15 – 5:00
Intermediate 5:00 – 5:45	Little Ninjas 5:00 – 5:30	Advanced 5:00 – 5:45	Little Ninjas 5:00 – 5:30	Intermediate 5:15 – 6:00
<b>Leadership 5:45 – 6:00</b>		<b>Leadership 5:45 – 6:00</b>		<b>Leadership 6:00 – 6:15</b>
Silver Belt 6:00 – 6:45	Beginner 5:30 – 6:15	Silver Belt 6:00 – 6:45	Beginner 5:30 – 6:15	Advanced 6:15 – 7:00
Instructor Training 6:45 – 7:15	Tutoring 6:00 – 6:30		Tutoring 6:00 – 6:30	
	Expert 6:30 – 7:45		Expert 6:30 – 7:45	
	Teen/Adult 7:45 – 8:30		Teen/Adult 7:45 – 8:30	

**Effective: July 3, 2023**

- ◇ *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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