



INTERNATIONAL MARTIAL ARTS NEW YORK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15 PM to 5:00 PM	Little Tigers 4:30 to 5:00	Private	Little Tigers 4:30 to 5:00	Little Tigers 4:30 to 5:00	After School P only	8:15 AM to 9:00 AM IMA FIT
5:15 PM to 6:00 PM	Kids All Belts	Kids & Teens Beginners	Kids All Belts	Kids & Teens Beginners	IMA Staff Training	9:15 AM to 10:00 AM Adults & Teens All Belts
6:15 PM to 7:00 PM	Teens All Belts	Kids & Teens Green and UP	Teens All Belts	Kids & Teens Green and UP	IMA Staff Training	10:15 AM to 11:00 AM Kids All Belts
7:15 PM to 8:00 PM	Adults	Competition TEAM	Adults	Competition TEAM	IMA Staff Training	11:15 AM to 1:00 PM Competition TEAM
8:15 PM to 9:00 PM	IMA FIT	Adults	IMA FIT	Adults	IMA Staff Training	1:30 PM BIRTHDAYS PARTY'S ONLY SATURDAYS



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CLASSES BY AGE, BELT & MASTER APPROVAL

- Little Tigers: 3 to 5 Years old.
- Kids: 6 to 10 Years old.
- Teens: 11 to 14 Years old.
- Adults: 15 and Up
- Beginners: White, Yellow and Orange.
- Intermedium: Green, Blue and Purple
- Advance: Brown, Red and Semi-Black

CLASS ATTENDANCE RULES

- Students should arrive 5-10 minutes before class
- Students should be picked up within 10 minutes after class
- Notify the academy if you will be missing classes for a period of time for vacations, medical reason etc.
- Students may only attend classes for their age and/or belt rank.

DO JANG RULES

- Greet instructors properly.
- Outside shoes are not allowed on the mats.
- Put your shoes and sparring bags neatly to the side.
- Food and drinks are not allowed on the mats.
- Do not leave any belongings on the mats.
- Parents don't interrupt the classes
- Parents is not food allow in waiting area

Rev. 01/2019



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