



Shinjitsu Self Defense
480-5 Patchogue-Holbrook Road
Holbrook, N.Y. 11741
(631) 472-5140
Class Schedule



Monday	4:30 - 5:15 Children (Yellow & Orange Belts) 5:30 - 6:15 Children (White & Black Tip Belts) 6:30 -7:30 Children (Yellow – Black Belt) 7:45 - 9:00 Adults (All Belts)
Tuesday	4:30 - 5:15 Children (Yellow & Orange Belts) 5:30 - 6:15 Children (White & Black Tip Belts) 6:30 – 7:30 Children (Yellow – Black Belt Sparring) 7:45 - 9:00 Adults (All Belts)
Wednesday	4:45 – 5:15 Children Pee Wee (3 – 4 1/2 Years Old) 5:30 – 6:15 Children (White & Black Tip Belt) 6:30 – 7:30 Children (Yellow – Black Belt) 7:45 - 9:00 Adults (All Belts)
Thursday	4:30 – 5:15 Children (Yellow & Orange Belts) 5:30 - 6:15 Children (White & Black Tip Belt) 6:30 - 7:30 Children (Yellow – Black Belt) 7:45 - 9:00 Adults (All Belts)
Friday	4:30 – 5:15 Children (Weapons) 5:30 - 6:15 Children (White & Black Tip Belt) 6:30 - 7:30 Children (Yellow – Black Belt)
Saturday	8:30 – 9:45 Adults (All Belts) 10:00 - 10:30 Children Pee Wee (3 - 4 1/2 Years Old) 10:45 - 11:45 Children (Yellow – Black Belt) 12:00 -12:45 Children (White & Black Tip Belt)