



**BUSTO'S**  
MARTIAL ARTS

# BUSTO'S MARTIAL ARTS CLASS SCHEDULE AS OF SEPTEMBER 1<sup>ST</sup>

490 Old Bethpage Road~(516)-822-4785~www.bustosmartialarts.com

## Teen and Adult Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Teen Kenpo-(ages 12-18) White Belt - Brown Belt		7:00-8:00PM		7:00-8:00PM Sparring 8:30-9:30		2:00-3:00PM
Teen Kenpo-(ages 12-18) ALL Black Belts		7:30-8:30PM		7:30-8:30PM Sparring 8:30-9:30		2:00-3:00PM
Teen/Adult Grappling-(ages 12+)	7:00-8:00PM		7:00-8:00PM 8:00-8:30 (Open Mat)			11:30-12:30PM
Adult Kenpo (ages 18 & Up)		11:00AM- 12 Noon 8:30-9:30PM		11:00AM- 12 Noon 7:30-8:30PM Sparring 8:30-9:30		8:30-9:30AM
<b>Norman Sandler CTS Class*</b> (Ages 16+) <small>(Classes are an additional cost)</small>	8:00-9:00PM*		8:00-9:00PM* <i>Advanced Kenpo Adult Green Belts &amp; Up</i>			

**STORM TEAM-** THIS GROUP IS INTENDED TO ALLOW MEMBERS (AGES 5+) THE OPPORTUNITY TO EXPERIENCE OTHER ASPECTS AND DISCIPLINE OF THE STUDY OF MARTIAL ARTS THAT ARE NOT EXPLORED IN EVERYDAY CLASS . MEETING AND LEARNING FROM NEW FRIENDS WITH VARYING LEVELS OF DISCIPLINE WILL ENRICH YOUR JOURNEY THROUGH THE STUDY OF MARTIAL ARTS. **PLEASE SEE THE FRONT DESK FOR INFORMATION ON JOINING.**

**ANNUAL STORM TEAM MEMBERSHIP INCLUDES:** ONE SPECIAL CLASS PER MONTH, FREE SEMINARS, SPARRING, GRAPPLING, AND WEAPONS CLASSES, PLUS ADDITIONAL DISCOUNTS ON SEMINARS AND TRICKING.