

CLASSES	MON	TUES	WED	THURS	FRI	SAT
Lil' Dragons	—	4:30 - 5:00	—	6:00 - 6:30	—	9:30 - 10:00 am
Junior Core Kung-Fu*	—	6:00 - 6:40	—	5:15 - 5:55	5:15 - 5:55	11:00 - 11:40 am
Junior San Da Kickboxing*	5:15 - 5:55	—	6:00 - 6:40	—	—	11:45 - 12:25 pm
Junior XMA	6:00 - 6:50	—	—	—	6:00 - 6:50	—
Adult Core Kung-Fu*	8:00 - 8:55	—	8:00 - 8:55	—	7:00 - 7:55	1:30 - 2:25 pm
Adult San Da Kickboxing*	9:00 - 9:55	—	7:00 - 7:55	—	—	2:30 - 3:25 pm
Adult Bag Class Kickboxing	7:00 - 7:55	8:00 - 8:55	—	7:00 - 7:55	—	10:00 - 10:55 am
Adult BJJ Brazilian Jiu Jitsu**	—	7:00 - 7:55	—	8:00 - 8:55	—	—

CARLE PLACE

231 Voice Road
Carle Place, NY 11514
(around the block from Planet Fitness)

(516) 739-8888

Visit us on the web at: www.nykungfu.com

Please Refer a friend and receive FREE CLASSES!
Call today to find out how!



**MASTER PARRELLA'S
KUNG-FU CENTERS**

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Students may attend as many classes per week as they can fit into their schedule.

* - Both of these classes are required for ranking in our Kung-Fu program. Refer to your attendance cards for class requirements.

** - Our BJJ and XMA programs are separate from our Kung-Fu classes and each have their own ranking system and structure.