



Isshinryu Karate

71 Kings Road
Madison, NJ 07940
(201)884-4271



<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Sensei</u>
Monday	5:00 pm	Pre-teen	Dojo	AA/AM
	6:00 pm	Brown Belts	Dojo	AA/AM
Tuesday	5:00 pm	Pre-teen	Dojo	MW
	5:30 pm	Adult	Bayne	CW
	6:00 pm	Teen/Adult	Dojo	MW
Wednesday	5:00 pm	Pre-teen	Bayne	MW (Dojo if raining)
	6:00 pm	Teen/Adult	Bayne	MW (Dojo if raining)
Thursday	Noon	Adult Yoga	Zoom	CW
	5:00 pm	Pre-teen	Dojo	AS/DH
	6:00 pm	Teen/Adult	Dojo	MW
Friday (bi-weekly)	5:00 pm	Assistants	Zoom	AN
Saturday	10:30 am	Adults	Zoom	CW
	10:30 am	Pre-teen	Dojo	DW/AN
	11:30 am	Family/LD Zoom*	Dojo/Zoom	DW/AN
	12:00 pm	Teen/Adult	Dojo/Zoom	DW/AN

Please note:

The classes will be held outside unless the weather is not cooperating in which case we will have class in the dojo **and** on Tuesday and Thursday Zoom. Masks will still be worn outdoors at the discretion of the instructor and are mandatory indoors until further notice. Parents, please drop off and pick up your child outside at the door. We still want to keep indoor occupancy as low as possible. If the classes become too large to comfortably accommodate everyone indoors I will add classes to the schedule.

*Contact Ms. Natale (natale.alessa@gmail.com) to receive the Long-Distance Zoom