



www.masterYukarate.com

Master Yu's Black Belt Institute

Where the Journey to Excellence Starts Here & Now!

713 E Main Street, Bridgewater, NJ 08807 Tel: 732-469-7550



Schedule effective November 01, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 am (Sun - 10:00 am)			Kardio Kickboxing			Kardio Kickboxing	CPR & First Aid Certification
5:00 - 5:40 pm (Sat - 10:30 am)	Tiny Tigers (All Belts)		Juniors Jr. Blue - Black	Tiny Tigers (All Belts)	Juniors Jr. Green - Purple	Tiny Tigers (All Belts)	Available By Request
6:00 - 6:45 (Sat - 11:00 am)	Juniors White - Gold		Juniors Jr. Green - Purple	Juniors White - Gold	Juniors Jr. Blue - Black	Juniors White - Red	
7:00 - 7:55 (Sat - 12:00 pm)	Kardio Kickboxing	Teens & Adults Black Belts ONLY	Kardio Kickboxing	Kardio Kickboxing	Kardio Kickboxing	Juniors Jr. Brown - Black Teen/Adult All Belts	
8:00 - 9:00 (Sat - 1:00 pm)	Teens/Adults Purple - Black	Teens/Adults White - Green	Teens/Adults Purple - Black	Teens/Adults White - Green		Birthday Party (By Appointment)	

Tiny Tigers (4-7), Juniors (8 -12), Teens/Adults (13 & up)

Please inquire about our awesome Birthday Parties. We also offer Private Training.