



# King Academy of Martial Arts & Self-Defense

477 Main Street  
Monroe, CT 06468

(203) 261-3599 • Fax: (203) 261-2213

internet: [www.kamaskarate.com](http://www.kamaskarate.com) • email: [info@kamaskarate.com](mailto:info@kamaskarate.com)

## Year 2011

Updated April 08, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dojoang	Dojoang	Dojoang	Dojoang	Dojoang	Dojoang
—	—	—	—	—	9:30-10:15 Little Dragons
—	4:30-5:15 Little Dragons	—	4:30-5:15 Little Dragons	—	10:30-11:15 Karate Kids
—	5:30-6:15 Karate Kids	—	5:30-6:15 Karate Kids	—	11:30-12:15 Juniors
—	6:30-7:15 Juniors	6:30-7:15 Karate Kids & Juniors	6:30-7:15 Juniors	—	12:30-2:30 Self Defense/Fitness
7:30-8:15 Self Defense/Fitness	7:30-8:15 Adult Karate	7:30-8:15 Adult Karate	7:30-8:15 Adult Karate	7:30-8:30 Karate Kids/Juniors combined	—
8:30-10:00 Aikido	—	8:30-10:00 Aikido	—	—	—



## K.A.M.A.S Programs

**Weapons Class:** Ages 7 and Up  
**Little Dragons:** Ages 4 to 7  
**Karate Kids:** Ages 7 to 10  
**Juniors:** Ages 10 to 14  
**Adults:** Ages 14 and Up  
**S.W.A.T-TEAM:** Ages 12 and Up



**NEW STUDENTS,**  
 Take advantage of  
 our **1 WEEK FREE**  
**Trial Offer. Call**  
**203-261-3599**  
 To Schedule  
 your trial.

