



Master Khechen's MARTIAL ARTS ACADEMY

BUFFALO LOCATION CLASS SCHEDULE

Effective: Jan 15, 2018

1200 Kenmore Avenue • Buffalo, New York 14216 • (716) 875-0560 • buffalo@masterkhechen.com

CHAMPIONS & JUNIOR CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHAMPIONS - A 4:30 - 5:00 pm <i>*Extra 15 min for BBC</i>	JUNIORS - A Green Stripe to Red Stripe 4:30 - 5:15 pm	JUNIORS - B Red to Black Belt Basic / BBC (White to Yellow) 4:30 - 5:15 pm	CHAMPIONS - B 4:30 - 5:00 pm <i>*Extra 15 min for BBC</i>	JUNIORS - B Black Belt Club (Green Stripe & Up) 4:30 - 5:15 pm	CHAMPIONS - B 9:00 - 9:30 am <i>*Extra 15 min for BBC</i>
JUNIORS - A White to Yellow 5:30 - 6:15 pm	JUNIORS - A Red Belt to Black Belt 5:30 - 6:15 pm	CHAMPIONS - A 5:30 - 6:00 pm <i>*Extra 15 min for BBC</i>	JUNIORS - B Masters Club 5:30 - 6:15 pm	JUNIORS - B Masters Club 5:30 - 6:15 pm	JUNIORS White Belt to Green Belt 10:00 - 10:45 am
JUNIORS - A Green Stripe to Red Stripe 6:30 - 7:15 pm	JUNIORS - A White Belt to Yellow Belt 6:30 - 7:15 pm	JUNIORS - B Black Belt Club (Green Stripe & Up) 6:30 - 7:15 pm	JUNIORS - B Basic / BBC (White to Yellow) 6:30 - 7:15 pm	CORE LEADERSHIP TEAM TRAINING 6:30 - 8:30 pm	JUNIORS Blue Stripe to Black Belt 11:00 - 11:45 am

TEENS & ADULT CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ADULTS All Belts Workout 12:00 - 1:00 pm		ADULTS All Belts Workout 12:00 - 1:00 pm		ADULTS White Belt to Red Stripe 10:00 - 10:45 am (Parents Train FREE on Saturdays!!) <i>*Please see front desk for details</i>
ADULTS - A Red Belt to Black Belt 7:30 - 8:20 pm	ADULTS - A White Belt to Red Stripe 7:30 - 8:20 pm	ADULTS - B Black Belt Club Masters Club 7:30 - 8:30 pm	ADULTS - B Basic Black Belt Club 7:30 - 8:20 pm	CORE LEADERSHIP TEAM TRAINING 6:30 - 8:30 pm	ADULTS Red Belt to Black Belt 11:00 - 11:45 am
ADULTS - A White Belt to Red Stripe 8:30 - 9:20 pm	ADULTS - A Red Belt to Black Belt 8:30 - 9:20 pm		ADULTS - B Masters Club 8:30 - 9:20 pm		

PLEASE MAKE SURE TO REVIEW OUR SCHOOL RULES AND ETIQUETTE SECTION ON THE BACK OF THIS SHEET



HAVE YOUR BIRTHDAY PARTY HERE!!

Just bring your camera, sit back and enjoy... We do all the work!

Each 90 minute party includes an exciting martial arts lesson with lots of fun games and drills! Pizza and drinks, gift certificates for all kids, and a special gift for the birthday child!

Stop by the Front Desk for more details!!

STAY CONNECTED ONLINE!!

 facebook.com/teambuffalo

Make sure we have your current email address so we can send you our weekly newsletter, as well as other important event and school updates