




Master Khechen's  
**MARTIAL ARTS**  
 and Fitness Academy

**LANCASTER CLASS SCHEDULE** (Effective January 2012)

1460 French Road - Depew, NY 14043

(716) 656-0965

MONDAY "A" DAY	TUESDAY "A" DAY	WEDNESDAY "B" DAY	THURSDAY "B" DAY	FRIDAY	SATURDAY	<input checked="" type="checkbox"/> Please arrive 10 minutes prior to classtime <input checked="" type="checkbox"/> Do not disturb classes that are in session <input checked="" type="checkbox"/> Quietly stretch and prepare for class <input checked="" type="checkbox"/> All jewelry must be removed for class <input checked="" type="checkbox"/> All valuables should be left in your car <input checked="" type="checkbox"/> Clean uniforms and good hygiene habits are a must <input checked="" type="checkbox"/> Do not wear shoes on the training floor <input checked="" type="checkbox"/> Guests must remain in the viewing area <input checked="" type="checkbox"/> Small children must be supervised
<b>JUNIORS BASIC/BBC</b> White to Yellow 4:30 - 5:15 pm	<b>CHAMPIONS BASIC/BBC</b> 4:30 - 5:00 pm BBC: 15 min extra	<b>JUNIORS BASIC/BBC</b> White to Yellow 4:30 - 5:15 pm	<b>CHAMPIONS BASIC/BBC</b> 4:30 - 5:00 pm BBC: 15 min extra	<b>RESERVED</b> Private Lessons School Teams Special Events	<b>CHAMPIONS BASIC/BBC</b> 9:15 - 9:45 am	
<b>CHAMPIONS BASIC/BBC</b> 5:30 - 6:00 pm BBC: 15 min extra	<b>JUNIORS BBC/MC</b> Green St. to Go-Ma 5:30 - 6:15 pm MC: 15 min extra	<b>CHAMPIONS BASIC/BBC</b> 5:30 - 6:00 pm BBC: 15 min extra	<b>JUNIORS BBC/MC</b> Green St. to Go-Ma 5:30 - 6:15 pm MC: 15 min extra		<b>JUNIORS BASIC/BBC/MC</b> White to Black 10:00 - 10:45 am	
<b>JUNIORS BBC/MC</b> Green St. to Go-Ma 6:30 - 7:15 pm MC: 15 min extra	<b>JUNIORS BASIC/BBC</b> White to Yellow 6:30 - 7:15 pm	<b>JUNIORS BBC/MC</b> Green St. to Go-Ma 6:30 - 7:15 pm MC: 15 min extra	<b>JUNIORS BASIC/BBC</b> White to Yellow 6:30 - 7:15 pm		 11:00 - 11:45 am	
<b>ADULTS BASIC/BBC/MC</b> White to Black 7:30 - 8:15 pm BBC/MC: 15 min extra	<b>ADULTS BASIC/BBC/MC</b> White to Black 7:30 - 8:15 pm BBC/MC: 15 min extra	<b>ADULTS BASIC/BBC/MC</b> White to Black 7:30 - 8:15 pm BBC/MC: 15 min extra	<b>ADULTS BASIC/BBC/MC</b> White to Black 7:30 - 8:15 pm BBC/MC: 15 min extra		<b>RESERVED</b> Private Lessons School Teams Special Events	

**"A" DAYS**

Fundamentals Skills, Drills  
 & Curriculum Requirements

Sign up for our e-newsletter at  
[www.masterkhechen.com](http://www.masterkhechen.com)  
 Click on Locations → Lancaster



**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!

**Contact Master Greco for more details!!**



**"B" DAYS**

Safety Gear Required  
 for Green Stripe & Above



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