



RUSSO DOJO

KYOKUSHIN KARATE  KICKBOXING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:15-10:00 am Pee Wee Karate (All Levels)	
					10:00-11:00 am Junior Karate (White-Blue Belt)	
6:00–7:00 pm Junior Karate (Green Belt & up)		6:00-7:00 pm Junior Karate (White-Blue Belt)		6:00-7:00 pm Junior Karate (White-Blue Belt)	11:00-12:00 pm Junior Karate (Yellow Belt & up)	
7:00–8:00 pm Adult Kickboxing	7:00–8:00 pm Adult Kickboxing	7:00-8:00 pm Junior Karate (Yellow Belt & up)	7:00–8:00 pm Junior & Adult Kickboxing	7:00-8:00 pm Junior Karate (Yellow Belt & up)	12:00-1:00 pm Adult Kickboxing	
8:00- 9:00 pm Adult Karate (All Levels)		8:00-9:00 pm Adult Karate & Juniors (Brown Belt & up)		8:00–9:00 pm Adult Karate (All Levels)		

514-774-6962

www.russodojo.com