



# RUSSO DOJO

KYOKUSHIN KARATE  KICKBOXING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:00-6:00pm Adult Kickboxing				
		6:00- 7:00pm Junior Karate (beginner)			10:00-11:00 am Junior Karate (beginner)	
6:00–7:00 pm Junior Karate Advanced		7:00-8:00 pm Junior Karate (intermediate)		6:00-7:00 pm Junior Karate (beginner) Fighting	11:00-12:00 pm Junior Karate (Intermediate)	
7:00–8:00 pm Hard core Kickboxing	7:00–8:00 pm Adult Kickboxing	8:00–9:00pm Adult Karate (All levels)	7:30–8:30 pm Adult Kickboxing	7:00-8:00 pm Junior Karate (intermediate) Fighting	12:00-1:00 pm Adult Kickboxing	
8:00- 9:00 pm Adult Karate (All Levels)	8:00-9:00 pm Adult Karate (All Levels)			8:00–9:00 pm Adult Karate (All Levels) Fighting		

514-774-6962

[www.russodojo.com](http://www.russodojo.com)