

GLENHEAD

MARTIAL ARTS & FITNESS



Mon	Tue	Wed	Thur	Fri	Sat
4:00pm-4:30pm Tiny Tigers	4:00pm-4:30pm Tiny Tigers	4:00pm-4:30pm Tiny Tigers		4:00pm-4:30pm Tiny Tigers	10:00am-10:30am Tiny Tigers
4:30pm-5:00pm Tiny Tigers	4:30pm-5:00pm Tiny Tigers	4:30pm-5:00pm Tiny Tigers		4:30pm-5:00pm Tiny Tigers	10:30am-11:00am Karate kids
5:00pm-5:30pm Karate Kids	5:00pm-5:30pm Karate Kids	5:00pm-5:30pm Karate Kids		5:00pm-5:30pm Karate Kids	11:00am-12:00pm Karate All Ranks
5:30-6:15pm Youth Karate Beginner	5:30-6:15pm Youth Karate Beginner	5:30-6:15pm Youth Karate Beginner		5:30-6:15pm Youth Karate Beginner	12:00pm-1:00pm Private Lesson
6:15-7:00pm Youth Karate	6:15pm-7:00pm Youth Karate	6:15-7:00pm Youth Karate	6:00pm-7:30pm Jr. National Team Pathway	6:15-7:00pm Youth Karate	1:00pm-2:30pm Jr. National Team Pathway
7:00pm-8:00pm Teen/Adult Karate	7:00pm-8:00pm Teen/Adult Karate	7:00pm-8:00pm Teen/Adult Karate		7:00pm-8:00pm Teen/ Adult Karate	
National Team Pathway 8:00pm-9:30pm		National Team Pathway 8:00pm-9:30pm		National Team Pathway 8:00pm-9:30pm	National Team Pathway 2:30pm-4:30pm
Sunday	Birthday Parties, Private Lessons, Personal Training and Personalized Small Group Classes by Appointment				

TT= 3&4 year olds
KK=5&6 year olds
Youth Karate= 7-12 year olds
Teen & Adult = 13+

Dojo Class Schedule 2026

📍 674 GLEN COVE AVE , GLEN HEAD , NY 11545

CONTACT US!

  GLENHEADKARATE

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