




A+ Martial Arts
148 Middle Neck Road
Great Neck, NY 11021
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aplusmartialartsLLC@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing & Fitness 9:30-10:30 am	Private Training	Kickboxing & Fitness 9:30-10:30 am	Kickboxing & Fitness 9:30-10:30 am	Private Training	Kickboxing & Fitness 9:00-10:00 am	Kickboxing & Fitness 9:00-10:00 am
Private Training	Little Dragons (Intermediate) 4:00-4:45pm	Private Training	Little Dragons (Beginner) 4:00-4:45pm	Private Training	Little Dragons 10:15-11:00 am	Little Dragons (Beginner) 10:15-11:00 am
Little Dragons 4:30-5:15 pm	Dragons Den 4:45-5:45 pm	Little Dragons 4:30-5:15 pm	Dragons Den 4:45-5:45 pm	Private Training	Dragons Den (Beginner) 11:00-12:00 pm	Little Dragons (Intermediate) 11:00-11:45 AM
Dragons Den 5:15-6:15 pm	Little Dragons (Beginner) 5:45-6:30 pm	Dragons Den 5:15-6:15 pm	Little Dragons (Intermediate) 5:45-6:30 pm	Competition TEAM 5:00-6:30 pm	Dragons Den (Advanced) 12:00-1:00 pm	Dragons Den 11:45 -12:45 pm
Teen&Adult (MMA) 6:15-7:15 pm	Dragons Den (Beginner) 6:30-7:30 pm	Teen&Adult (MMA) 6:15-7:15 pm	Dragons Den (Beginner) 6:30-7:30 pm	Private Training	Private Training	Private Training
Kickboxing & Fitness 7:30-8:30 pm	Kickboxing & Fitness 7:30-8:30 pm	Kickboxing & Fitness 7:30-8:30 pm	Kickboxing & Fitness 7:30-8:30 pm	Private Training	 Book your Unforgettable Birthday party with A+ Martial Arts Today! (516)236-3601.	
Sensei Ashley Davis : Member of the USA Olympic Karate team Sensei Adham Sabri : Professional Fighter of Karate Combat.				Little Dragons: 3-6 years old Dragons Den: 7-12 years old		