



Classical
Martial Arts
of Long Island

Classical Martial Arts of Long Island Class Schedule

Effective April 2023

Tel: (516) 253-4884
222 Bethpage-Sweet Hollow Rd,
Old Bethpage, NY 11804
Website: classicalma.com
Email: info@classicalma.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
☀ Morning/Afternoon Classes						
<p>Taiji Quan 10:00 AM - 11:00 AM</p> <p>Qigong / Longevity 11:00 AM - 12:00 PM</p> <p>Tactical Combatative Approaches / JKD 12:15 PM - 1:15 PM</p>		<p>Taiji Quan 10:00 AM - 11:00 AM</p> <p>Qigong / Longevity 11:00 AM - 12:00 PM</p> <p>Tactical Combatative Approaches / JKD 12:15 PM - 1:15 PM</p>		<p>No Day Classes Private Lessons By Appointment</p>	<p>Young Tigers & Young Dragons 5 to 7 yrs 9:00 AM - 9:45 AM</p> <p>Mighty Tigers & Mighty Dragons 8 to 12 yrs 10:00 AM - 11:00 AM</p> <p>Tiger Corps & Dragon Corps 13 yrs & up 9:00 AM - 9:45 AM</p>	<p>No Day Classes Private Lessons By Appointment</p>
🌙 Evening Classes						
<p>Young Dragons 5 to 7 yrs 4:30 PM - 5:15 PM</p> <p>Mighty Dragons 8 to 12 yrs 5:30 PM - 6:30 PM</p> <p>Dragon Corps 13 yrs & up 6:30 PM - 7:30 PM</p> <p>Internal Martial Arts (Bagua, Xing Yi, Taiji) 7:30 PM - 8:30 PM</p> <p>Wing Chun 8:30 PM - 9:30 PM</p>	<p>Young Tigers 5 to 7 yrs 4:30 PM - 5:15 PM</p> <p>Mighty Tigers 8 to 12 yrs 5:30 PM - 6:30 PM</p> <p>Tiger Corps 13 yrs & up 6:30 PM - 7:30 PM</p> <p>Kodokan Judo 8:30 PM - 9:30 PM</p> <p>Iaido Japanese Sword 8:30 PM - 9:30 PM</p>	<p>Young Dragons 5 to 7 yrs 4:30 PM - 5:15 PM</p> <p>Mighty Dragons 8 to 12 yrs 5:30 PM - 6:30 PM</p> <p>Dragon Corps 13 yrs & up 6:30 PM - 7:30 PM</p> <p>Internal Martial Arts (Bagua, Xing Yi, Taiji) 7:30 PM - 8:30 PM</p> <p>Wing Chun 8:30 PM - 9:30 PM</p>	<p>Young Tigers 5 to 7 yrs 4:30 PM - 5:15 PM</p> <p>Mighty Tigers 8 to 12 yrs 5:30 PM - 6:30 PM</p> <p>Tiger Corps 13 yrs & up 6:30 PM - 7:30 PM</p> <p>Kodokan Judo 8:30 PM - 9:30 PM</p> <p>Iaido Japanese Sword 8:30 PM - 9:30 PM</p>	<p>No Evening Classes Private Lessons By Appointment</p>	<p>Tactical Combatative Approaches / Women's Self Defense Seminars (scheduled quarterly)</p> <p>No Evening Classes Private Lessons By Appointment</p>	<p>No Evening Classes Private Lessons By Appointment</p>