



# RUSSO DOJO

KYOKUSHIN KARATE  KICKBOXING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00-10:00 am Junior Karate (White to Blue bar)	
					10:00-11:00 pm Junior Karate (Blue-Yellow)	
6:00-7:00 pm Elite Kata	6:00-7:00 pm Junior Karate (Green bar +)	6:00-7:00 pm Junior Karate (White to Blue bar)	6:00-7:00 pm Junior Karate (Green bar +)	6:00-7:00 pm Junior Karate (Blue-Yellow)	11:00-12:00 pm Junior Karate (Green bar +)	
7:00-8:00 pm Adult Kickboxing	7:00-8:00 pm Adult Kickboxing	7:00-8:00 pm Junior Karate (Blue-Yellow)	7:00-8:00 pm Adult Kickboxing	7:00-8:00 pm Adult Karate	12:00-1:00 pm Adult Kickboxing	
8:00- 9:00 pm Adult Karate		8:00-9:00 pm Adult Karate				

514-774-6962

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