

**Frank Ciarleglio**  
**Certified Black Belt Instructor**  
**5<sup>th</sup> Degree Black Belt**

**1890 Dixwell Ave.**  
**Hamden, CT 06514**  
**(203) 288-9990**



# Academy of Kempo Martial Arts

**Monday - Thursday 12:00-9:00**  
**Friday Closed**  
**Saturday 8:00-12:30**  
[www.academyofkempo.com](http://www.academyofkempo.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 <b>ATP</b>	12:00 <b>ATP</b>	12:00 <b>ATP</b>	12:00 <b>ATP</b>	<b>N O  C L A S S E S</b>	8:00-9:00 Jr. Adults & Adults
1:00 <b>&amp;</b>	1:00 <b>&amp;</b>	1:00 <b>&amp;</b>	1:00 <b>&amp;</b>		9:00-10:00 Little Dragons & Preteens
2:00 <b>BBC</b>	2:00 <b>BBC</b>	2:00 <b>BBC</b>	2:00 <b>BBC</b>		10:15-11:15 Sparring Little Dragons & Preteens
2:30 <b>&amp;</b>	2:30 <b>&amp;</b>	2:30 <b>&amp;</b>	2:30 <b>&amp;</b>		11:30-12:30 ATP & BBC
3:00 <b>BBC</b>	3:00 <b>BBC</b>	3:00 <b>BBC</b>	3:00 <b>BBC</b>		
3:30 <b>&amp;</b>	3:30 <b>&amp;</b>	3:30 <b>&amp;</b>	3:30 <b>&amp;</b>		
4:00-4:45 Little Dragons	4:15-5:15 Adv. Preteens	4:00-4:45 Little Dragons	4:15-5:15 Adv. Preteens		
5:00-6:00 Beg. Preteens	5:15-6:00 ATP & BBC	5:00-6:00 Beg. Preteens	5:15-6:00 ATP & BBC		
6:15-7:15 Jr. Adults	6:00-7:00 Brown Belts & Black Belts	6:15-7:15 Jr. Adults	6:00-7:00 Brown Belts & Black Belts		
7:30-8:30 Adults White Belts - Green Belts	7:30 <b>ATP &amp; BBC</b>	7:30-8:30 Adults White Belts - Green Belts	7:30 <b>ATP &amp; BBC</b>		
8:30-9:00 ATP & BBC	8:30	8:30-9:00 ATP & BBC	8:30 <b>ATP &amp; BBC</b>		

**Little Dragons 4-6 Yr.      Preteens 7-10 Yr.      Jr. Adults 11-15 Yr.      Adults 16-Up Yr.**

**Beg. Levels White Belt - Blue Belt Stripes \ Adv. Levels Green - Brown Belt**

**No Classes On Test Day (Test Day will be posted)**

**Birthday Parties Available On Saturdays**

**\*\*\* All BBC & ATP Classes Are Half Hour Long, And By Appointment Only \*\*\***