



**BUSTO'S**  
**MARTIAL ARTS**

# CLASS SCHEDULE

Effective as of March, 2024

490 OLD BETHPAGE ROAD  
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BUSTOSMARTIALARTS.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TINY TIGERS AGES 3-4</b>						
Tiny Tigers 3-4	3:30 - 4:00 PM 5:00 - 5:30 PM		3:30 - 4:00 PM		5:45 - 6:15 PM	9:00 - 9:30 AM
<b>TIGERS AGES 5-7 BEGINNER</b>						
White, ½ Yellow, Yellow, ½ Orange, Orange	4:15 - 4:55 PM		4:45 - 5:25 PM	5:30 - 6:10 PM		9:45 - 10:25 AM
½ Purple, Purple, ½ Blue	5:30 - 6:10 PM	4:45 - 5:25 PM			4:15 - 4:55 PM	11:15 - 11:55 AM
<b>DRAGONS AGES 8-12 BEGINNER</b>						
White, Yellow, Orange		5:30 - 6:10 PM	4:00 - 4:40 PM		6:15 - 6:55 PM	10:30 - 11:10 AM
Purple	5:30 - 6:10 PM	4:45 - 5:25 PM			4:15 - 4:55 PM	11:15 - 11:55 AM
<b>TIGERS AND DRAGONS AGES 5-12 INTERMEDIATE AND ADVANCED</b>						
Blue, ½ Green, Green		6:15 - 6:55 PM	6:30 - 7:10 PM	4:45 - 5:25 PM		12:45 - 1:25 PM
Brown and Black Belt Candidates		4:00 - 4:40 PM		6:15 - 6:55 PM	7:00 - 7:40 PM	
Brown (all levels)	7:00 - 7:40 PM			4:00 - 4:40 PM		1:45 - 2:25 PM
<b>STORM TEAM AGES 5 to 12</b>						
S.T.O.R.M. Team 5-12	6:15 - 6:55 PM Weapons		5:30 - 6:25 PM MMA		5:00 - 5:40 PM Grappling	12:00 - 12:40 PM Sparring
<b>TEENS AND ADULTS AGES 13 &amp; UP</b>						
Teens Track A		7:00 - 8:00 PM		7:00 - 8:00 PM		1:30 - 2:30 PM
Teens Track B		7:30 - 8:30 PM		7:30 - 8:30 PM		2:00 - 3:00 PM
Adults All Levels		8:00 - 9:00 PM	7:15 - 8:00 PM Sparring	8:00 - 9:00 PM	7:45 - 8:45 PM CTS	3:00 - 4:00 PM CTS
S.T.O.R.M. Team 13+			7:15 - 8:00 PM Sparring		5:00 - 5:40 PM Grappling	
Comp Class Group A						
Comp Class Group B	7:45 - 8:30 PM					2:30 - 3:15 PM

## Storm Team

This group is intended to allow members (ages 5+) the opportunity to experience other aspects and discipline of the study of martial arts that are not explored in everyday out. Meeting and learning from new friends with varying levels of discipline will enrich your journey through the study of martial arts. All students **blue belt and higher** are required to have storm team memberships.

## Sparring Class

This class will put together Kicks & Punches that the student has already learned. It will enable the student to feel what it is like to fight in live time. Reflexes and contact are an essential part of the class. This class is a requirement for Blue Belt & above.

## Weapons Class

This class will cover the Staff and Nunchackus as the primary weapons. In this class the students will learn new and fun movements that are outside of the curriculum. Weapons class will also have Tricking (karate with gymnastic movements.)

## M.M.A. Class

This class will combine Striking & Grappling. The class will be for student that like to combine disciplines and see how the two arts of Striking & Grappling work together in a "live" situation.

*Please see the front desk for more information on joining. **Thank you!***

**We would like to thank our Busto's Community for over thirty years of support! We are honored to serve you, your family & friends**

**HOLIDAY CLOSINGS: EASTER / MEMORIAL DAY / 4TH OF JULY / LABOR DAY / HALLOWEEN / THANKSGIVING DAY / CHRISTMAS EVE/DAY / NEW YEARS EVE/DAY**