

718-209-3461	5805 Ave N	Brooklyn, NY	11234	zarkoacademy .com	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Little Dragons</b>	<b>Women</b>	<b>Women</b>	<b>Women</b>	<b>Women</b>	<b>Women</b>
<b>Young Warriors</b>	<b>Kick Boxing</b>	<b>Kick Boxing</b>	<b>Kick Boxing</b>	<b>Kick Boxing</b>	<b>Kick Aerobics</b>
<b>ages 3-12</b>	<b>Kick Aerobics</b>	<b>Body Sculpting</b>	<b>Kick Aerobics</b>	<b>Body Sculpting</b>	<b>Body Sculpting</b>
<b>9:00 AM - 10:00</b>	<b>9:00<sub>AM</sub>- 10:00</b>	<b>9:00<sub>AM</sub>- 10:00</b>	<b>9:00<sub>AM</sub>- 10:00</b>	<b>9:00<sub>AM</sub>- 10:00</b>	<b>9:00<sub>AM</sub>- 10:00</b>
<b>Adult class</b>					
<b>Mix Martial Arts</b>	<b>Women</b>	<b>Women</b>	<b>Women</b>	<b>Women</b>	<b>Women</b>
<b>10:00 AM- 11:00</b>	<b>Kick Boxing</b>	<b>Kick Boxing</b>	<b>Kick Boxing</b>	<b>Kick Boxing</b>	<b>Kick Aerobics</b>
	<b>Kick Aerobics</b>	<b>Body Sculpting</b>	<b>Kick Aerobics</b>	<b>Body Sculpting</b>	<b>Body Sculpting</b>
	<b>4:10 PM- 5:10</b>	<b>4:10 PM- 5:10</b>	<b>3:00 PM- 4:00</b>	<b>3:00 PM- 4:00</b>	<b>3:00 PM- 4:00</b>
	<b>Little Dragons</b>	<b>Little Dragons</b>	<b>Little Dragons</b>	<b>Little Dragons</b>	<b>Little Dragons</b>
	<b>ages 3-7</b>	<b>ages 3-7</b>	<b>ages 3-7</b>	<b>ages 3-7</b>	<b>Young Warriors</b>
	<b>5:30 PM- 6:30</b>	<b>5:30 PM- 6:30</b>	<b>5:30 PM- 6:30</b>	<b>5:30 PM- 6:30</b>	<b>ages 3-12</b>
	<b>Young Warriors</b>	<b>Young Warriors</b>	<b>Young Warriors</b>	<b>Young Warriors</b>	<b>Seasonal</b>
	<b>ages 8-12</b>	<b>ages 8-12</b>	<b>ages 8-12</b>	<b>ages 8-12</b>	
	<b>6:30 PM- 7:30</b>	<b>6:30 PM- 7:30</b>	<b>6:30 PM- 7:30</b>	<b>6:30 PM- 7:30</b>	
	<b>Adult class</b>	<b>Adult class</b>	<b>Adult class</b>	<b>Adult class</b>	
	<b>MMA</b>	<b>MMA</b>	<b>MMA</b>	<b>MMA</b>	
	<b>7:30 PM- 8:30</b>	<b>7:30 PM- 8:30</b>	<b>7:30 PM- 8:30</b>	<b>7:30 PM- 8:30</b>	
<b>Personal training available with Shihan Raanan</b>	<b>Women</b>	<b>Women</b>	<b>Women</b>	<b>Women</b>	<b>Personal training available with Shihan Raanan</b>
	<b>Kick Boxing</b>	<b>Kick Boxing</b>	<b>Kick Boxing</b>	<b>Kick Boxing</b>	
	<b>Kick Aerobics</b>	<b>Body Sculpting</b>	<b>Kick Aerobics</b>	<b>Body Sculpting</b>	
	<b>8:30 PM- 9:30</b>	<b>8:30 PM- 9:30</b>	<b>8:30 PM- 9:30</b>	<b>8:30 PM- 9:30</b>	