



Master Khechen's
Martial Arts and Fitness Academy

1200 Kenmore Ave. Buffalo, NY 14216

www.masterkhechen.com

716-875-0560

****Schedule Effective January 30th 2012**

How to use our "Flexible" Schedule

1. Select 2-3 class times per week
2. Attend at least 1 "A" day & 1 "B" Day per week
3. Arrive 10 minutes early
4. Bring Gear & Weapons everyday
5. Always show up with a positive attitude!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
A Day		A Day		B Day		B Day		A Day		B Day	
Adult TKD Conditioning 12:00-1:00		Open Workout 12:00-1:00		Open Workout 12:00-1:00		Adult TKD Conditioning 12:00-1:00				Champions 9:00-9:30 (BBC till 9:45) (3 – 6yr)	
All Junior BBC 4:00-4:45	Junior MC 4:00- 4:45 (Red-1 st Degree Black)	Champions 4:30-5:00 (BBC till 5:15) (3 – 6yr)		Instructor Meeting 4:00- 4:45		Champions 4:30-5:00 (BBC till 5:15) (3 – 6yr)		Champions 4:30-5:00 (BBC till 5:15) (3 – 6yr)		Junior Basic 10:00-10:45	Adult Basic 10:00-10:45
Champions 5:00-5:30 (BBC till 5:45) (3 – 6yr)		Junior MC 5:30-6:15 (Red-1 st Degree Black)	Junior BBC INT 5:30-6:15 (Yellow stripe- green)	Junior BBC ADV 5:00- 5:45 (Blue stripe – Red)	Junior Basic 5:00- 5:45	Junior MC 5:30-6:15 (Red-1 st Degree Black)	Junior BBC INT 5:30-6:15 (Yellow stripe-green)	All Junior BBC 5:30-6:15	Junior MC 5:30-6:15 (Red-1 st Degree Black)	All Junior BBC/MC 11:00-11:45	All Adult BBC/ MC 11:00-11:45
Junior Basic 6:00- 6:45	Adult Basic 6:00- 6:45	Junior BBC ADV 6:30- 7:15 (Blue stripe – Red)	Junior Basic 6:30-7:15	Junior BBC INT 6:00-6:45 (Yellow stripe-green)		Junior BBC ADV 6:30- 7:15 (Blue stripe – Red)	Junior Basic 6:30-7:15	CORE TEAM 6:30-7:15	Adult Basic 6:30-7:15	CORE TEAM 12:00-12:45	
Adult BBC/ MC 7:00- 7:45 (MC till 8:00)		Adult Basic 7:30-8:15	Adult BBC/ MC 7:30- 8:15 (MC till 8:30)	Junior MC 7:00-7:45 (Red-1 st Degree Black)	Adult Basic 7:00-7:45	Adult BBC/ MC 7:30- 8:15 (MC till 8:30)	Adult Basic 7:30-8:15	Reserved: 7:30- 9:00		Reserved: 1:00 – 4:30	
Adult Black Belt Elite 8:00- 8:15		DELTA 8:30- 9:15		MMA Conditioning 8:00- 8:45		Adult Black Belt Elite 8:30- 8:45		Buddy Nights Parents Night Out & School Events		Birthday Parties Private Lessons & Special Events	

"A" Days

Fundamentals, Skills, Drills
& Curriculum Requirements

Sign up for our e-newsletter at
www.masterkhechen.com
Click on Locations → Buffalo

HAVE YOUR BIRTHDAY PARTY HERE!!

Just bring your camera, sit back and enjoy... We do all the work!

Each 90 minute party includes an exciting Martial Arts lesson
with lots of fun games and drills, pizza and drinks, VIP passes for all kids,
and a ton of Martial Arts surprises for the birthday child!

Give us a call or see the Front Desk for more details!

"B" Days

Sparring Gear Required for
Black Belt Club & Up

Personal Training and Private Lessons also
available upon request. Times and Rates
Vary. Contact us for details.