

KFM LYNBROOK CLASS SCHEDULE

453 Sunrise Highway, Lynbrook NY

917-596-2840



Monday

6:30pm to 7:30pm KFM Urban Weapons Class (Green Grade & Above)
7:30pm to 8:30pm KFM Urban X Intermediate Class (Green & Blue)
8:30pm to 9:30pm KFM Urban X Beginner Class (White, Yellow & Orange)

Tuesday

8:00pm to 9:00pm KFM DnR Full Contact Class (Optional - Orange & Above)
8:00pm to 9:00pm Open Mat Student Training (In the Back Gym)

Closed Wednesday

Thursday

6:30pm to 7:30pm Open Mat Student Training (In the Back Gym)
7:30pm to 8:30pm KFM Urban X Beginner Class (White, Yellow & Orange)
8:30pm to 9:30pm KFM Urban X Intermediate Class (Green & Blue)

Closed Friday

Saturday

10:00am to 11:00am KFM Urban Weapons Class (Green Grade & Above)
11:00am to 12:00pm KFM Urban X (All Levels)
12:00pm to 1:00pm KFM DnR Full Contact Class (Optional - Orange & Above)

Closed Sunday

Private lessons \$100/session – call for availability; kfmnewyork@yahoo.com

KFM LYNBROOK CLASS SCHEDULE - NOTES

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Inside Training

When we train inside please wear standard workout clothes. Most people wear shorts, sneakers and our UnderArmour training shirt (regular shirts hold sweat like a mop and rip).

Outside Training

When we train outside please dress according to the weather. Announcements are always made prior to training outside. Look at the Academy Calendar on the wall when you enter the Academy and/or on the schedule on the website.

D&R

Optional class that is open to Orange grade and above. Check with John and/or Mike for pricing and required equipment.

Urban Weapons Program

Open to Green grade and above. Wear jeans to class as you will be drawing your Tactical Pens and Tactical Folding Knives from different positions on your pants. Equipment is mandatory (please check with John and/or Mike to make sure you have the right equipment).

Open Mat Practice Class

The Open Mat practice class is for any level student to come and practice at the Academy. There will be no instruction during this class.