

Zingg's Karate Center

Mr. Robert Zingg, 111 West Second Avenue, Suite B, Ranson, West Virginia 25438

www.zinggskarate.com 304-261-0160 cell email: rzingg@email.com

Serving the Martial Arts community since 1969...

Serving Jefferson County, WV since 1984...

	<i>Sunday</i>	Monday	Tuesday	Wednesday	Thursday	Friday	<i>Saturday</i>
5-6pm		Shindokan Karate Kids/Mixed	<u>Toraken-ryu Ju-jitsu Kids/Mixed</u>	Shindokan Weapons Kids/Mixed	<u>Toraken-ryu Ju-jitsu Kids/Mixed</u>	Shindokan Karate Kids/Mixed	<u>7:30 am – 9:00 am</u> Women's Commando Krav Maga
6-7pm		<i>Toraken-ryu Kempo Mixed ages</i>	<u>Toraken-ryu Ju-jitsu Mixed ages</u>	<i>Toraken-ryu Kempo Weapons</i>	<u>Toraken-ryu Ju-jitsu Mixed ages</u>	<i>Toraken-ryu Kempo Mixed ages</i>	<u>9:00 am–10:30 am</u> Mixed Commando Krav Maga
7-8pm		Shindokan Karate Adults	Tenshinsho Jigenryu Sword class	Shindokan Weapons Adults	Tenshinsho Jigenryu Sword class	Shindokan Karate Adults	<u>10:30 am – 12 noon</u> Combat Submission Grappling/BJJ
8-9pm		8:30 – 10 pm	8:30 – 10 pm	8:30 – 10 pm	8:30 – 10 pm		<u>12 noon – 1:30 pm</u> Combat Striking Erik Paulson System
8:30 - 10pm		GRAPPLING AND STRIKING CLASS	CKM COMMANDO KRAV MAGA Basics	YOGA	CKM COMMANDO KRAV MAGA Advanced		

Commando Krav Maga

Mr. Dennis Stoika, cell 732-620-2311, www.CKMAmerica.us