

91 Interstate Shopping center
Ramsey N.J. 07446

We encourage parents to become involved with the education and motivation we provide to our future champions. Your child will learn principles and values that will last a lifetime.

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!

Adult Karate, Kickboxing, Brazilian Jiu-Jitsu
Are Free for all Parents of Enrolled Members



If you are not getting our monthly newsletter please email me at contactstevens@aol.com
It's important info like school events and weather closings.

Download our Mobile App both Android and Apple store. Bill Stevens Karate Ramsey NJ

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		BASIC 4:00-4:30pm BASIC BBC 4:30-4:45pm			9:00-9:45am Muay Thai Kickboxing
	4:30 - 5:15pm Intermediate Advanced	Lil Dragons 4:45pm-5:15pm	4:30 - 5:15pm Intermediate Advanced	BASIC 4:15-4:45pm BASIC BBC 4:45-5:00pm	BASIC 10:00-10:30am BASIC BBC 10:30-10:45am
	5:15-6:00pm Intermediate Advanced	5:15-6:00pm Kids Brazilian Jiu-Jitsu	5:15-6:00pm Intermediate Advanced	5:00-5:45pm Intermediate Advanced	10:45-11:30AM Intermediate
July 4th Holiday Special Schedule					
Open Monday July 1st (Will follow weds times)	BASIC 6:00 - 6:30pm BASIC BBC 6:30- 6:45PM	6:00-6:45pm Intermediate Advanced	BASIC 6:00 - 6:30pm BASIC BBC 6:30- 6:45PM	5:45-6:30pm Kids Brazilian Jiu-Jitsu	11:30-12:15pm Advanced
Open Tuesday July 2nd					12:15-12:45 Little Dragons
Closed July 3 - 8th	6:45 - 7:30PM Intermediate Advanced	6:45 - 7:30PM Muay Thai Kickboxing	6:45 - 7:30PM Intermediate Advanced		Brazilian JiuJitsu JIU-JITSU 1pm
Reopen July 9th					
	7:30 - 8:30PM Brazilian Jiu-Jitsu JIU-JITSU		7:30 - 8:30PM Brazilian Jiu-Jitsu JIU-JITSU		

Lil Dragons ages 3.5 to 5yrs When they turn 5 they move to Basic class

This class has both kids & adults

Basic - ages 5 and up White, H white, Yellow Belts

Intermediate - Yellow-H Yellow-Orange, HOrange, Blue, HBlue

Classes for adult Brazilian Jiu-Jitsu Members JIU-JITSU

Advanced-HBlue, Green, HGreen, Red, HRed, Brown, H Brown, Black

Kids Brazilian Jiu-Jitsu is for ages 9yrs and up