



**GRAY WOLF KYOKUSHIN
MARTIAL ARTS, LLC**
17252 GULF ROAD
HOLLEY, NY, 14470
(585)406-6193



2017 Summer Training Schedule July 10th - September 1st

Monday	6:30 PM – Kyokushin Kata, Kihon 7:15 PM – Sparring/Bag Work
Tuesday	6:30 PM Open Class with Sempai Rick
Wednesday	Special Classes
Thursday	6:00 PM – Young Lions 6:30 PM – Kyokushin Training All Ranks
Friday	No Classes
Saturday	9:00 AM – Rochester Dojo (Upper Belt) 10:30 AM – Rochester Dojo (Lower Belt) Ask for details.
Sunday	12:00 PM – Sparring (Hamlin Dojo) Ask for details

Dojo closed July 3rd – July 6th