

"It's Not Just Kicking & Punching..."



...It's Martial Arts & Beyond!"

Class Schedule

Effective January 2026

Tel: (631) 321-5432

Lininja.com

36 Hawthorne Ave., East Islip, NY 11730

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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AM Classes

TLCD/ITP Team Leadership Instructor Training Program
9:15 AM - 10:00 AM (During Class)

Mighty Warriors to Elite Youth
Ages 5 - 10 Yrs. / All Ranks
9:15 AM - 10:00 AM

Elite Youth to Adults
Ages 11 Yrs. & Up
9:30 AM - 10:30 AM

Closed

PM Classes

Little Warriors
Ages 2 - 4 Yrs.
4:15 PM - 4:45 PM

TLCD LEADERSHIP CLASS
4:30 PM - 5:30 PM

Little Warriors
Ages 2 - 4 Yrs.
4:15 PM - 4:45 PM

Little Warriors
Ages 2 - 4 Yrs.
4:15 PM - 4:45 PM

Little Warriors
Ages 2 - 4 Yrs.
4:30 PM - 5:00 PM

Mighty Warriors
Ages 5 - 7 Yrs.
Beginner - Green
5:00 PM - 5:45 PM

Mighty Warriors
Ages 5 - 7 Yrs.
Beginner - Green
4:45 PM - 5:30 PM

Mighty Warriors
Ages 5 - 7 Yrs.
Beginner - Green
5:00 PM - 5:45 PM

Mighty Warriors
Ages 5 - 7 Yrs.
Beginner - Green
5:00 PM - 5:45 PM

Mighty Warriors
Ages 5 - 7 Yrs.
Beginner - Green
5:00 PM - 5:45 PM

Elite Youth
Ages 7 - 12 Yrs.
Beginner - Black
5:45 PM - 6:30 PM

Elite Youth to Adults
All Ages
Green - Black
5:30 PM - 6:30 PM

Elite Youth
Ages 7 - 12 Yrs.
Beginner - Black
5:45 PM - 6:30 PM

Elite Youth
Ages 7 - 12 Yrs.
Beginner - Black
5:45 PM - 6:30 PM

Elite Youth
Ages 7 - 12 Yrs.
Beginner - Black
5:45 PM - 6:30 PM

Elite Youth to Adults
Ages 13 Yrs. & Up
All Ranks
6:30 PM - 7:30 PM

Demo Team Competition Class
6:30 PM - 7:30 PM

Elite Youth to Adults
Ages 13 Yrs. & Up
All Ranks
6:30 PM - 7:30 PM

Elite Youth to Adults
Ages 13 Yrs. & Up
All Ranks
6:30 PM - 7:30 PM

Closed