

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



Class Schedule

Effective May 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

NOTE: New Class Times Starting Saturday, May 16th

TLCD/ITP Team Leadership Instructor Training Program
8:30 AM - 9:00 AM (During Class)

Mighty Warriors to Elite Youth
Ages 5 - 11 Yrs. / All Ranks
9:00 AM - 9:45 AM

Elite Youth to Adults
Ages 11 Yrs. & Up
9:45 AM - 10:45 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



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