



Golden Cougar Kajukenbo Karate


Springfield, MA

Sifu Gilberto Cruz

191 Cabinet St.

Springfield, MA

(413) 209-9027

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes 					
					10:00 – 11:00 AM Juniors (12-14 yrs)
					11:30 – 12:30 PM Adults (15+ yrs)
	5:30 – 6:15 PM Little Dragons (4-6 yrs)			5:30 – 6:15 PM Little Dragons (4-6 yrs)	
		6:00 – 7:00 PM Juniors (12-14 yrs)			7:00 – 8:30 PM To Be Announced Advanced Belts -or- Fight Night
	6:45 – 7:45 PM Juniors (12-14 yrs)			6:45 – 7:45 PM Adults (15+ yrs)	
		7:30 – 8:30 PM Adults (15+ yrs)			

Private Classes:

- By appointment only
- 1 hour with instructor