



Class schedule



	A Day Monday	A Day Tuesday	B Day Wednesday	B Day Thursday	A Day Friday	B Day Saturday
Kiddie Karate	4:30pm	5:15pm	4:30pm	5:15pm	4:30pm	9:30am
Jrs. White/Org/Yellow/Gold	5:00pm	4:30pm	5:00pm	5:45pm	5:00pm	10:00am
Jrs. Blue/Green/Purple	5:45pm	6:30pm	5:45pm	4:30pm	5:45pm	10:00am
Jrs. Red/Brn I/Brn II	5:45pm	5:45pm	6:30pm	6:30pm	5:45pm	11:30am
Adults White/Org/Yellow/Gold	8:00pm	7:15pm	7:15pm	7:15pm	6:30pm	10:45am
Adults Blue/Green/Purple	8:00pm	7:15pm	7:15pm	7:15pm	6:30pm	10:45am
Adults Red/Brn I/ Brn II	6:30pm	8:00pm	8:00pm	7:15pm	6:30pm	11:30am
BB Candidates/Phasers (3 classes per week)	7:15pm mandatory	6:30pm	8:00pm	6:30pm	-----	Test Days
Black Belts	7:15pm	8:00pm	7:15pm	6:30pm	-----	11:30am
MMA Class	-----	6:30pm	-----	6:30pm	-----	-----
Adult Day Classes (18 & over)	10:30am	----- -	10:30am	-----	10:30am	-----
Elite Leadership Training (by invitation only)	-----	Adults 8:00pm	Juniors 6:30pm	-----	-----	
Staff Training	3:45pm	3:45pm	3:45pm	3:45pm	3:45pm	8:30am

Kiddie Karate are ages 4-5

Juniors are ages 6-12

Adults are ages 13 + (except day classes 18 +)

Important Reminders

- Please help us maintain a learning environment and **keep all children QUIET.**
- **No jewelry permitted in classes for safety reasons** (leave your valuables home)
- Arrive 10-15 minutes early to warm up & stretch
- Obtain your attendance card before class (your responsibility)
- Come prepared with all necessary equipment, belt & uniform
- **Please silence all cell phones** and help avoid class distractions!

Effective February 1, 2010

Thank You