



FORT COLLINS Class Schedule Summer 2018

Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ripples (ages 3-6)	3:30-4pm	3:30-4pm 5:30-6pm 5:15-5:30pm (leadership)	3:30-4pm 5:30-6pm	3:15-3:45pm 3:45-4pm (leadership)	12-12:30pm 12:30-12:45pm (leadership)	10-10:30am
White		6-6:45pm	4:45-5:30pm	6-6:45pm		9:15-10am
Gold-H. Gold	7-7:45pm	4-4:45pm		6:45-7:30pm		10:30-11:15am
Orange-Green	5-5:45pm		4-4:45pm	7:30-8:15pm	12:45-1:30pm	
Purple-H. Blue	4-4:45pm	6:45-7:30pm			1:30-2:15pm	11:15am-12pm
Red-L. Brown	6-6:45pm		6:30-7:15pm	4-4:45pm	2:15-3pm	
Brown-H. Brown		7:30-8:15pm	7:30-8:15pm	4:45-5:30pm		1-1:45pm
Black	7:45-8:30pm		8:15-9pm	4:45-5:30pm	6:30-8pm (in Johnstown)	
Leadership	4:45-5pm 5:45-6pm 6:45-7pm (book review)	4:45-5:15pm (weapons)	6-6:30pm (weapons) 7:15-7:30pm (book review)	5:30-6pm	3-3:30pm 3:30-4:15pm (open mat)	12-1pm
SWAT Team						12-12:15pm
Adult Karate (ages 14+)		8:15-9pm (sparring)		8:15-9pm		8:15-9:15am

**EFFECTIVE:
Sunday, May 20**

A-Days: forms and technique

B-Days: sparring, blocks & counters, and combos

“DISCIPLINE
weighs **ounces,**
but...
REGRET
weighs **tons.”**
—Jhoon Rhee

**find our up-to-date
schedule at
mykarateclasses.com**

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