



LONGMONT Class Schedule Summer 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Introductory	7:45-8:30pm	3-3:30pm	4-4:30pm	5:45-6:15pm	4-4:45pm	2-2:30pm
Little Ripples (ages 3-6)	3:30-4pm 4-4:15pm (leadership)	3:30-4pm 4-4:15pm (leadership)	3:30-4pm 5:45-6:15pm	3:30-4pm 4-4:15pm (leadership)	12-12:30pm	10:45-11:15am
White		5:15-6pm	6:15-7pm	6:15-7pm	3:15-4pm	9:15-10am
Gold-H. Gold	5:45-6:30pm	4:15-5pm		7-7:45pm	2-2:45pm	
Orange-H. Orange	5-5:45pm		7-7:45pm	4:15-5pm		12:30-1:15pm
Green-Purple	7-7:45pm		7:45-8:30pm	5-5:45pm		10-10:45am
Blue-H. Blue	4:15-5pm		5-5:45pm	7:45-8:30pm	1:15-2pm	1:15-2pm
Red-H. Red	7:45-8:30pm	6-6:45pm			12:30-1:15pm	8:30-9:15am
Low Brown	7:45-8:30pm	6-6:45pm			12:30-1:15pm	8:30-9:15am
Brown		6-6:45pm	4:15-5pm		12:30-1:15pm	11:15am-12pm
Leadership	6:30-7pm	5-5:15pm 6:45-7:30pm (sparring)	4-4:15pm	5:45-6:15pm	2:45-3:15pm	12-12:30pm
Adult/Teen Karate (ages 14+)		6:45-7:30pm (sparring)			4-4:45pm	

**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

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schedule at
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