



JOHNSTOWN Spring Schedule

EFFECTIVE:
Sunday, Mar 25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Introductory	7-7:30pm	4-4:30pm	7-7:30pm	4:30-5pm		12:30-1pm
Little Ripples (ages 3-6)	4-4:30pm 3:30-4pm (leadership)	3:30-4pm 5:30-6pm	3:30-4pm	3:30-4pm 5:30-6pm	3:30-4pm 3-3:30pm (leadership)	10:30-11am
White	5:30-6:15pm	6:30-7:15pm	4:30-5:15pm	7-7:45pm	4:30-5:15pm	9:15-10am
Gold-H. Gold	6:45-7:30pm	4:45-5:30pm	6-6:45pm	6:15-7pm		11-11:45am
SWAT Team (Leadership)	5:30-6:15pm	6:30-7:15pm				
Leadership		6-6:30pm (book review)	7-7:45pm (weapons)	5-5:30pm	5:45-6:30pm (sparring)	11:45-12:30pm (fun!)
Black Belt					6:30-8pm	
Adult Karate (ages 14+)	7:30-8:30pm (technique)	7:45-8:45pm (conditioning)	7:45-8:30pm (curriculum)	7:45-8:30pm (sparring)		8:30-9:15am (conditioning)

A-Days: forms and technique B-Days: sparring, blocks & counters, and combos

find our up-to-date schedule at MyKarateClasses.com

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