

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

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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