



# LONGMONT Class Schedule Fall 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
First Introduction	3-3:30pm	7:15-7:45pm	4:45-5:15pm		3:30-4pm	2-2:30pm
Little Ripples (ages 3-6)	3:30-4pm	3:30-4pm 4-4:15pm (leadership)	3:30-4pm 6-6:30pm	3:30-4pm	4:45-5:15pm 5:15-5:30pm (leadership)	10:30-11am
White-Gold	4:15-5pm	5:15-6pm	6:30-7:15pm	4:15-5pm		9:15-10am
H. Gold-Orange	5:45-6:30pm	4:15-5pm	7:15-8pm		5:30-6:15pm	11:45-12:30pm
H. Orange-Green	5-5:45pm	6:45-7:30pm		5-5:45pm	6:15-7pm	11-11:45am
Purple-Blue	7-7:45pm		5-5:45pm	6:15-7pm	4-4:45pm	
H. Blue-Red		6-6:45pm	4:15-5pm	7-7:45pm		1:15-2pm
H. Red	7:45-8:30pm			7-7:45pm		
Leadership	6:30-7pm	5-5:15pm	4-4:15pm 5:45-6pm	5:45-6:15pm	7-7:45pm (sparring)	12:30-1:15pm
Adult Karate (ages 13+)		7:30-8:30pm (technique)	8-8:45pm (curriculum)		7:45-8:30pm (sparring)	8:30-9:15am (conditioning)

**effective Monday, August 14**

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

*“Knowing is not enough.  
We must **APPLY**.  
Willing is not enough.  
We must **DO**.”*

**find our up-to-date schedule at [mykarateclasses.com](http://mykarateclasses.com)**

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