

# LONGMONT SCHEDULE



|                           | Monday                          | Tuesday                 | Wednesday               | Thursday                    | Friday                    | Saturday                                  |
|---------------------------|---------------------------------|-------------------------|-------------------------|-----------------------------|---------------------------|---|
| 1st Introductory          | 5:45-6:15pm                     | 4:45-5:15pm<br>6:30-7pm | 6:45-7:15pm             | 4:30-5pm<br>6:30-7pm        | 6:30-7pm                  | 9:30-10am<br>1-1:30pm                     |
| Little Ripples (ages 3-6) | 5:30-6pm                        | 3:45-4:15pm             | 3:30-4pm                | 5-5:30pm                    | 6-6:30pm                  |   |
| White                     | 6-6:45pm                        | 5:45-6:30pm             | 5:30-6:15pm             | 4:15-5pm                    |                           | 10:15-11am                                |
| Gold-H. Gold              | 4:15-5pm                        |                         | 7-7:45pm                |                             | 5:15-6pm                  | 12-12:45pm                                |
| Orange-H. Orange          |                                 | 5-5:45pm                | 4-4:45pm                |                             |                           | 9:30-10:15am                              |
| Green-Purple              | 6:45-7:30pm                     | 4:15-5pm                |                         | 5:30-6:15pm                 | 4:30-5:15pm               | 12:45-1:30pm                              |
| Blue-H. Blue              | 6:45-7:30pm                     | 4:15-5pm                |                         | 5:30-6:15pm                 | 4:30-5:15pm               | 12:45-1:30pm                              |
| Red-L. Brown              |                                 | 6:30-7:15pm             | 4:45-5:30pm             | 7-7:45pm                    | 6:30-7:15pm               |   |
| Brown- H. Brown           |                                 | 6:30-7:15pm             | 4:45-5:30pm             | 7-7:45pm                    | 6:30-7:15pm               |   |
| Conditional Black         |                                 | 7:45-8:30pm             |                         |                             |                           | 8:45-9:30am                               |
| Black                     | 7:30-8:15pm<br>(black-red & up) | 7:45-8:30pm             |                         | 7:45-8:45pm<br>(2nd degree) | 7:45-8:45pm<br>(rotating) | 8:45-9:30am                               |
| Leadership                | 5-5:30pm<br>(weapons)           | 7:15-7:45<br>(weapons)  | 6:15-7pm<br>(LEAD talk) | 6:15-7pm<br>(sparring)      | 7:15-7:45pm<br>(weapons)  | 11am-12pm<br>(targeted leadership topics) |
| Adults (13+)              |                                 |                         |                         |                             |                           | 8-8:45am                                  |

**EFFECTIVE:**  
**Tuesday, May 28**

Pad Day (bring sparring gear)

For the current schedule visit  
**MyKarateClasses.com**

EVERY  
**SETBACK**  
IS A SETUP FOR A  
**comeback...**  
**KEEP STRIVING,**  
**KEEP GROWING,**  
AND EMBRACE  
**THE JOURNEY!**

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