

LONGMONT SCHEDULE



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

EFFECTIVE:
Monday, August 5

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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