

FLEMING ISLAND SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
Little Ripples (ages 3-6)	3:30-4pm <i>4-4:15pm</i>	5:15-5:45pm <i>5:45-6pm</i>	5:30-6pm <i>6-6:15pm</i>	3:30-4pm <i>4-4:15pm</i>	3:30-4pm
White	<i>4-4:15pm</i> 4:15-5pm	<i>5:45-6pm</i> 6-6:45pm	3:15-3:45pm <i>6-6:15pm</i> 6:15-7pm	<i>4-4:15pm</i> 4:15-5pm	4-4:45pm
Level 1 <i>(White/Orange, Orange, Orange/Green)</i>	<i>5:45-6pm</i> 6-6:45pm	3:30-4:15pm <i>4:15-4:30pm</i>	3:15-3:45pm <i>3:45-4pm</i> 4-4:45pm		5:30-6:15pm
Level 2 <i>(Green, Green/Brown, Brown)</i>	5-5:45pm <i>5:45-6pm</i>	<i>4:15-4:30pm</i> 4:30-5:15pm	3:15-3:45pm 7-7:45pm <i>7:45-8pm</i>	6:45-7:30pm <i>7:30-7:45pm</i>	
Level 3 <i>(Brown/Red, Red, Red/Blue)</i>		6:45-7:30pm <i>7:30-7:45pm</i>	3:15-3:45pm <i>7:45-8pm</i> 8-8:45pm (plus adults)		4:45-5:30pm
Level 4 <i>(Blue, Blue/Black, Cond. Black)</i>	6:45-7:30pm <i>7:30-7:45pm</i>		3:15-3:45pm	5-5:45pm <i>5:45-6pm</i>	
Black	<i>7:30-7:45pm</i> 7:45-8:30pm		3:15-3:45pm	<i>7:30-7:45pm</i> 7:45-8:30pm	
Masters			4:45-5:30pm (sparring)	6-6:45pm (sparring)	6:15-7:15pm
Leadership					7:15-8:15pm

* Leadership Training - Mon & Tue: Weapons; Wed & Thu: Life Skills

EFFECTIVE:
Monday, May 11

Pad Day (bring sparring gear)

For the current schedule visit
MyKarateClasses.com

**FOCUS
ISN'T JUST
A SKILL:
it's your,
SHARPEST WEAPON.
TRAIN IT.
Trust it.
UNLEASH IT.**

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