



Karate International Class Schedule:

Effective 1/23/2023

Monday:

- 4:00pm-4:45pm Youth Foundational Skills (*White-Orange Belts*)
- 5:00pm-5:50pm Youth Enhanced Skills (Advanced Orange-Green Belts)
- 5:00pm-5:50pm Juniors Open Class
- 6:00pm-6:50pm Teen Open
- 6:00pm-7:00pm Adult Kung Fu
- 7:00pm-8:00pm Adult Kempo

Tuesday:

- 4:00pm-4:45pm Youth Foundational Skills (*White-Orange Belt*)
- 5:00pm-5:35pm- Tots Open
- 5:00pm-5:50pm Juniors Open Class
- 6:00pm-6:50pm Teen Open
- 7:00pm-8:00pm Adult Kali

Wednesday:

- 4:00pm-5:00pm Junior Varsity
- 5:00pm-6:00pm Varsity
- 6:00pm-7:00pm Adult Sento Reality Martial Arts
- 7:00pm-8:00pm Adult Yoshitsune Combat Ju Jitsu
- 7:00pm-8:00pm Adult Black Belts (Bi-Weekly)

Thursday:

4:00pm-4:35pm Tots Open

5:00pm-5:45pm Youth Foundational Skills (*White-Orange Belts*)

5:00pm-5:50pm Juniors Open Class

6:00pm-6:50pm Teen Open

7:00pm-8:00pm Adult Kempo

Friday:

4:00pm-4:45pm Youth Foundational Skills (White-Orange Belts)

4:00pm-4:50pm Juniors Open

5:00pm-5:50pm Youth Enhanced Skills (Advanced Orange-Green Belts)

6:00pm-7:30pm KI Community Groups

Saturday:

9:00am-10:00am Family Class (8-week cycles)

10:00am-10:50am Youth Open (all belts)

Class Age Descriptions:

Tots Program- Any child Preschool, Kindergarten or 1st Grade

Youth Program:

Foundational Skills- Any Child 2nd-5th Grade, White-Orange Belts

Enhanced Skills- Any Child 2nd-5th Grade, Advanced Orange-Green Belts

Juniors Program- Any Teen grades 6th-8th all belts

Teen Program- Any Teen grades 9th-12th all belts

Adults- College age or above