

Summer Class Schedule

→→→ There will be no Group lessons June 18th for Belt Exams ←←←



Karate International Summer Schedule

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No Group Classes June 18th, 2019 for belt testing

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|--|---|--------------------------------------|---|--|
| | | | | | Adult Open Mat 8:15am-9:00am mat 2 | -Please arrive 10-15 minutes prior to class time |
| Kobudo Weapons Class 4:00-4:50pm Mat 1 | Varsity 4:00pm-4:50pm Mat 1 | Youth Open 4:00-4:50pm Mat 1 | Youth BJJ 4:00-4:45pm Mat 1 | Youth Open 10:00-10:50am Mat 1 | Adult Kenpo 9:00am-9:50am mat 2 | -Remain in shoe area if a class is on your mat. |
| Youth Int/Adv 5:00-5:50pm Mat 1 | Junior Varsity 5:00pm-5:50pm Mat 2 | Teen Open. 5:00pm-5:50pm Mat 1 | Teen/Adult BJJ 4:50-5:50pm Mat 2 | Teen Open 11:00-11:50am Mat 1 | Youth Open 9:00am-9:50am Mat 1 | -Never disturb classes in session |
| Teen Open 6:00-6:50pm Mat 1 | Youth Beg/Int 6:00-6:50pm Mat 1 | Junior Varsity 6:00-6:50pm Mat 1 | Tots Open j 5:00-5:30pm Mat 1 | Tots Open 12:00-12:30pm Mat 1 | Tots Open 10:00-10:30am Mat 1 | -Quietly stretch on your mat to prepare for class before it begins |
| Adult Kenpo 7:00-7:50pm Mat 1 | Adult Kickboxing 6:00-6:50pm Mat 1 | Adult Kickboxing 6:00-6:50pm Mat 1 | Youth Beg/Int 6:00-6:50pm Mat 2 | | | -All Jewelry must be removed prior to class |
| | | Adult Black Belt 7:00-7:50pm Mat 1 | Beginner Kickboxing 6:00pm-6:50pm Mat 1 | | | -All valuables should be left in your vehicle. |
| | | | Adult Kenpo 7:00pm-7:50pm Mat 2 | | | -Clean uniform and hygiene habits are a must |
| | | | | | | -School tee shirt and shorts should be worn under uniform |
| | | | | | | -All guests should remain in the viewing room |
| | | | | | | -All shoes must be kept in shoe areat. Coats hung up on hooks |

