



## Karate International Fall Schedule

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*Begins Monday August 28th, 2017*

*No Group Classes September 12th and November 14th due to belt testing*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<ul style="list-style-type: none"> <li>-Please arrive 10-15 minutes prior to class time</li> <li>-Remain in shoe area if a class is on your mat.</li> <li>-Never disturb classes in session</li> <li>-Quietly stretch on your mat to prepare for class before it begins</li> <li>-All Jewelry must be removed prior to class</li> <li>-All valuables should be left in your vehicle.</li> <li>-Clean uniform and hygiene habits are a must</li> <li>-School tee shirt and shorts should be worn under uniform</li> <li>-All guests should remain in the viewing room</li> <li>-All shoes must be kept in shoe area. Coats hung up on hooks</li> </ul>
					<b>Adult Open Mat</b> 8:15am-9:00am mat 2	
<b>Junior Black Belts</b> 4:00-4:50pm Mat 1	<b>Tots Open</b> 4:00pm-4:30pm Mat 1	<b>Tots Open</b> 3:30pm-4:00pm Mat 1			<b>Adult Kenpo</b> 9:00am-9:50am mat 2	
<b>Youth Int/Adv</b> 5:00-5:50pm Mat 1	<b>Varsity</b> 4:00pm-4:50pm Mat 2	<b>Youth Beg/Int</b> 4:00-4:50pm Mat 1	<b>Youth BJJ Open</b> 4:00pm-4:45pm Mat 1		<b>Tots Open</b> 9:00am-9:30am Mat 1	
<b>Teen Open</b> 6:00-6:50pm Mat 1	<b>Junior Varsity</b> 5:00-5:50pm Mat 1	<b>Youth/Teen Advanced</b> 5:00pm-5:50pm Mat 1	<b>Teen/Adult BJJ</b> 4:50-5:50pm Mat 2		<b>Youth Open</b> 10:00-10:50am Mat 1	
<b>Adult Kenpo</b> 7:00-7:50pm Mat 1	<b>Youth Beg/Int</b> 6:00-6:50pm Mat 1	<b>Varsity</b> 5:00-5:50pm Mat 2	<b>Tots Open</b> 5:00pm-5:30pm Mat 1	<b>Tots Open</b> 4:00-4:30pm Mat 1	<b>Teen Open</b> 11:00-11:50am Mat 1	
	<b>Adult Kickboxing</b> 7:00pm-7:50pm Mat 2	<b>Adult Kickboxing</b> 6:00-6:50pm Mat 2	<b>Youth Beg/Int</b> 6:00pm-6:50pm Mat 2	<b>Youth Open</b> 5:00pm-5:50pm Mat 1		
			<b>Adult Beginner Kickboxing</b> 6:00pm-6:50pm Mat 2	<b>Teen Open</b> 6:00pm-6:50pm Mat 1		
			<b>Adult Kenpo</b> 7:00pm-7:50pm Mat 1	<b>Demo Team</b> 7:00-8:00pm Mat 1		

Tots Program- 4-6 year olds    Youth Program- 7-12 year olds    Teen Program- 12-17 year olds    Adult Program- 18+

BJJ- Instructor Invitation

Private Lessons-By Appointment only (available in 30 minute blocks)