

Winter Class Schedule

↔↔↔ There will be no Group lessons January 8th or February 12th for Belt Exams ↔↔↔



Karate International Winter Schedule

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No Group Classes January 8th or February 12th, 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	Tots Open 3:30pm-4:00pm Mat 1	Youth BJJ 4:00-4:45pm Mat 1	Tots Open 4:00-4:30pm 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	Youth Beg/Int 4:00-4:50pm Mat 1	Teen/Adult BJJ 4:50-5:50pm Mat 2	Youth Open 5:00-5:50pm Mat 1	Tots Open 9:00am-9:30am Mat 1	-Never disturb classes in session
Teen Open 6:00-6:50pm Mat 1	Youth Beg/Int 6:00-6:50pm Mat 1	Youth/Teen Adv. 5:00pm-5:50pm Mat 1	Tots Open J 5:00-5:30pm Mat 1	Teen Open 6:00-6:50pm Mat 1	Youth Open 10:00-10:50am 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	Varsity 5:00-5:50pm Mat 2	Youth Beg/Int 6:00-6:50pm Mat 2	Demo Team 7:00-8:00pm Mat 1	Teen Open 11:00-11:50am Mat 1	-All Jewelry must be removed prior to class
		Junior Varsity 6:00-6:50pm Mat 1	Beginner Kickboxing 6:00pm-6:50pm Mat 1			-All valuables should be left in your vehicle.
		Adult Kickboxing 6:00-6:50 PM Mat 2	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 area. Coats hung up on hooks

