

CAISSIE KARATE



"The Spirit of Black Belt Excellence"

171 Dawson Rd.
Guelph, ON
519-763-4401

Class Schedule

Effective January 2012

Main Dojo						
Monday Kata	Tuesday Kata	Wednesday Self Defense and Sparring	Thursday Self Defense and Sparring	Friday Weeks 1 and 3 - Kata Weeks 2 and 4 - S.D. Spar	Saturday Weeks 1 and 3 - S.D. Spar Weeks 2 and 4 - Kata	Sunday
	12:00pm - 1:00pm Adult		12:00pm - 1:00pm Adult			
4:45pm - 5:30pm Green Advanced to Brown Advanced	4:45pm - 5:30pm White and Yellow	4:45pm - 5:30pm Green Advanced to Brown Advanced	4:45pm - 5:30pm White and Yellow	4:45pm - 5:30pm Green Advanced to Brown Advanced	8:00am - 9:00am Adult	
5:30pm - 6:15pm Orange and Green	5:30pm - 6:15pm Green Advanced to Brown Advanced	5:30pm - 6:15pm Orange and Green	5:30pm - 6:15pm Green Advanced to Brown Advanced	5:30pm - 6:15pm Orange and Green	9:00am - 9:45am White and Yellow	
6:15pm - 7:00pm White and Yellow	6:15pm - 7:00pm Orange and Green	6:15pm - 7:00pm White and Yellow	6:15pm - 7:00pm Orange and Green	6:15pm - 7:00pm White and Yellow	9:45am - 10:30am Orange and Green	
7:00pm - 8:30pm Adult	7:00pm - 8:30pm Adult	7:00pm - 8:30pm Adult	7:00pm - 8:30pm Adult	7:00pm - 8:00pm Stripe Testing	10:30am - 11:15am Green Advanced to Brown Advanced	

Dojo 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			5:30pm - 6:30pm Stripe Testing			
6:20pm - 6:50pm Monkeynastix		6:15pm - 7:00pm BBM	6:30pm - 8:30pm Eskrima Class	6:15pm - 7:00pm BBM		

Dojo 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Kickboxing 5:30pm - 6:30pm		Fitness Kickboxing 5:30pm - 6:30pm			Fitness Kickboxing 9:00am - 10:00am	
Zumba 6:30pm - 7:30pm	Zumba 6:30pm - 7:30pm	Zumba 7:00pm - 8:00pm	Fitness Kickboxing 5:30pm - 6:30pm	Zumba 5:30pm - 6:15pm		
			Eskrima 6:30pm - 8:30pm			