



Class Schedule

Effective June 2010

Main Dojo						
Monday Kata	Tuesday Kata	Wednesday Self Defense and Sparring	Thursday Self Defense and Sparring	Friday Weeks 1 & 3 - Kata Weeks 2 & 4 - S.D. Spar	Saturday	Sunday
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		
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	Birthday Parties Available! Call to Inquire	
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		
7:00pm - 8:30pm Adult	7:00pm - 8:30pm Adult	7:00pm - 8:30pm Adult	7:00pm - 8:30pm Adult	7:00pm - 8:00pm Open Practice		

Dojo 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:15pm - 6:45pm Tiny Tots				9:00am - 10:30am Okinawan Karate
7:00pm - 8:30pm Okinawan Karate		7:00pm - 8:30pm Okinawan Karate				

Dojo 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00am - 9:00am Fitness Kickboxing	
5:30pm - 6:15pm Fitness Kickboxing	6:15pm - 7:00pm Bo Class	5:30pm - 6:15pm Fitness Kickboxing	6:15pm - 7:00pm Bo Class	5:30pm - 6:15pm Fitness Kickboxing		
7:00pm - 8:30pm Black Belts	7:00pm - 8:00pm Eskrima Class	7:00pm - 8:30pm Black Belts	7:00pm - 8:00pm Eskrima Class	7:00pm - 8:30pm Sword Class		
8:30pm - 10:00pm Sword Class						