



Schedule starts September 4th, 2018

Dojo 1 - Upstairs

Monday Kata/Basics	Tuesday Spar/Self Def	Wednesday Kata/Basics	Thursday Spar/Self Def	Friday Kids/Adults	Saturday Kids/Adults
					10:30 - 11:00 Kinder Karate Ages 3 - 6
4:00 - 4:20 Aft. School Kinder Karate	4:00 - 4:20 Aft. School Kinder Karate	4:00 - 4:20 Aft. School Kinder Karate	4:00 - 4:20 Aft. School Kinder Karate	4:00 - 4:20 Aft. School Kinder Karate	11:00 - 11:45 Kids White - Green
4:20 - 5:00 Aft. School Kids Class	4:20 - 5:00 Aft. School Kids Class	4:20 - 5:00 Aft. School Kids Class	4:20 - 5:00 Aft. School Kids Class	4:20 - 5:00 Aft. School Kids Class	11:45 - 12:30 Weapons Class
5:00 - 5:45 Kids Gr.Str. - Br.Str.	5:00 - 5:45 Kids White - Green	5:00 - 5:30 Kinder Karate Ages 3 - 6	5:00 - 5:45 Kids Gr.Str. - Br.Str.		12:30 - 1:15 Point Sparring
5:45 - 6:30 Kids White - Green	5:45 - 6:15 Kinder Karate Ages 3 - 6	5:30 - 6:15 Kids White - Green	5:45 - 6:30 Red - Black Belt Class	5:15 - 5:45 Kinder Karate Ages 3 - 6	
6:30 - 7:15 Red - Black Belt Class	6:15 - 7:00 Point Sparring	6:15 - 7:00 Kids Gr.Str. - Br.Str.	6:30 - 7:15 Kids White - Green	6:00 - 6:45 Adult Martial Arts	
7:30 - 8:15 Adult Martial Arts		7:30 - 8:15 Adult Martial Arts		6:45 - 7:30 Kids Gr.Str. - Br.Str.	

Dojo 2 - Downstairs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:15 Cardio Kickboxing		6:30 - 7:15 Cardio Kickboxing		6:45 - 7:30 Cardio Kickboxing	
	7:30 - 9:00 BJJ Fundamentals		7:30 - 9:00 No Gi Grappling	7:30 - 8:30 Kickboxing	1:15 - 2:15 Kickboxing
8:15 - 9:15 Kickboxing		8:15 - 9:00 Boxing			