



Schedule starts March 1st , 2021

**Dojo 1 - Upstairs**

Monday Kata/Basics	Tuesday Spar/Self Def	Wednesday Kata/Basics	Thursday Spar/Self Def	Friday Events	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	
4:20 - 4:50 Aft.School Kids Class	4:20 - 4:50 Aft.School Kids Class	4:20 - 4:50 Aft.School Kids Class	4:20 - 4:50 Aft.School Kids Class	4:20 - 4:50 Aft.School Kids Class	11:15 - 12:00 Kids White - Green
5:00 - 5:45 Kids Gr.Str. - Br.Str.	5:00 - 5:30 Kinder Karate Ages 3 - 6	5:00 - 5:45 Kids White - Green	5:30 - 6:00 Kinder Karate Ages 3 - 6	5:00 - 5:45 Kids Gr.Str.-Br.Str.	
6:00 - 6:45 Kids White - Green	6:00 - 6:45 Red/Black Belt Class	6:00 - 6:45 Kids Gr.Str. - Br.Str.	6:15 - 7:00 Point Sparring	6:00 - 6:45 Kids White - Green	12:15 - 1:00 Kids Gr.Str. & up
7:00 - 7:45 Adult Martial Arts		7:00 - 7:45 Adult Martial Arts			

**Dojo 2 - Downstairs**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 - 5:45 Kids White - Green	5:00 - 5:45 Kids White - Green	5:45 - 6:30 Red/Black Belt Class		
	7:30 - 9:00 BJJ Fundamentals		7:30 - 9:00 No Gi Grappling	7:00 - 8:00 Kickboxing	1:00 - 2:00 Kickboxing
8:00 - 9:00 Kickboxing		8:00 - 9:00 Boxing			