



Schedule starts: SEPTEMBER 3rd, 2024

**Dojo 1 - Upstairs**

| Monday<br>Kata/Basics                          | Tuesday<br>Spar/Self Def                       | Wednesday<br>Kata/Basics                       | Thursday<br>Spar/Self Def                      | Friday<br>Kids/Adults                          | Saturday<br>Kids/Adults                       |
|--|--|--|--|--|---|
|  |  |  |  |  | 10:30 - 11:00<br>Kinder Karate<br>Ages 4 & up |
| 4:00 - 4:20<br>Aft. School<br>Kinder<br>Karate | 4:00 - 4:20<br>Aft. School<br>Kinder<br>Karate | 4:00 - 4:20<br>Aft. School<br>Kinder<br>Karate | 4:00 - 4:20<br>Aft. School<br>Kinder<br>Karate | 4:00 - 4:20<br>Aft. School<br>Kinder<br>Karate | 11:15 - 12:00<br>Kids<br>White - Orange       |
| 4:20 - 4:50<br>Kids<br>Martial Arts            | 4:20 - 4:50<br>Kids<br>Martial Arts            | 4:20 - 4:50<br>Kids<br>Martial Arts            | 4:00 - 4:50<br>Kids<br>Martial Arts            | 4:20 - 4:50<br>Kids<br>Martial Arts            | 12:00 - 12:45<br>Kids<br>Green & up           |
| 5:00 - 5:30<br>Kinder Karate<br>Ages 4 & up    | 5:00 - 5:45<br>Kids<br>White - Orange          | 5:15 - 5:45<br>Kinder Karate<br>Ages 4 & up    | 5:00 - 5:45<br>Kids<br>White - Orange          | 5:00 - 5:45<br>Kids<br>Green & up              | 12:45 - 1:30<br>Kids<br>Point<br>Sparring     |
| 5:45 - 6:30<br>Kids<br>Green & up              | 5:45 - 6:15<br>Kinder Karate<br>Ages 4 & up    | 5:45 - 6:30<br>Kids<br>Green & up              | 5:45 - 6:30<br>Kids<br>JIU JITSU               | 5:45 - 6:15<br>Kinder Karate<br>Ages 4 & up    |   |
| 6:30 - 7:15<br>Red / Black<br>Class            | 6:15 - 7:00<br>Point<br>Sparring               | 6:30 - 7:15<br>Kids<br>White - Orange          | 6:30 - 7:15<br>Point<br>Sparring               | 6:15 - 7:00<br>Kids<br>White - Orange          |   |
| 7:15 - 8:00<br>Adult<br>Martial Arts           |  | 7:15 - 8:00<br>Adult<br>Martial Arts           |  |  |   |
|  |  |  |  |  |   |

**Dojo 2 - Downstairs**

| Monday                    | Tuesday                            | Wednesday             | Thursday                    | Friday                    | Saturday                        |
|---------------------------|------------------------------------|-----------------------|-----------------------------|---------------------------|---------------------------------|
|                           |                                    |                       |                             |                           | 11:30 - 1:00<br>BJJ<br>Open Mat |
|                           | 7:30 - 9:00<br>BJJ<br>Fundamentals |                       | 7:30 - 9:00<br>BJJ<br>No Gi | 7:00 - 8:00<br>Kickboxing |                                 |
| 8:00 - 9:00<br>Kickboxing |                                    | 8:00 - 9:00<br>Boxing |                             |                           |                                 |