



# Fall Class Schedule



Effective Date: 05/01/11

<p><b>Monday:</b></p> <p>4:15-5:00 All 9-12 Year olds 5:00-5:45 All 7 &amp; 8 year olds 5:45-6:30 All 4-6 year olds 6:30-7:30 Adult All Rank class</p>	<p><b>Tuesday:</b></p> <p><b>8:45-9:45 Cardio Kickboxing</b> 4:15-5:00 All 4 -6 year olds 5:00-5:45 All 9-12 year olds 5:45-6:30 All 7 &amp; 8 year olds 6:30-7:30 Teen Class ages 11-15</p>	<p><b>Wednesday:</b></p> <p>4:15-5:00 All 7 &amp; 8 year olds 5:00-5:30 Lil' Dragon 5:45-6:30 9-12 year old (White ~ Red belt) 6:30-7:15 9-12 year olds (Green ~ Junior Blk Belt) <b>7:15-8:15 Kickboxing</b> 7:30-8:30 All Rank Adult</p>
<p><b>Thursday:</b></p> <p><b>8:45-9:45 Cardio Kickboxing</b> 11:00-12:00 Adult All Rank 4:15-5:00 All 4-6 year olds 5:00-5:45 All 7-8 year olds 5:45-6:30 All 9-12 year olds 6:30-7:30 Teen class ages 11-15 7:30-8:30 All Rank Adult class (must be 16 yrs or old)</p>	<p><b>Friday:</b></p> <p>4:15-5:00 All age Fitness Friday class 5:00-5:45 Jr. Black Belt Prep 5:45-6:30 Jr. Black Belt &amp; Jr. Ikkyu 6:30-7:30 All Adult Ranks</p> <p>*Fitness Friday class is a fitness based class and not karate. This does not count as regular class count, but are an extra class for your children to learn proper technique for abs, squats, push-ups etc.. It gives them a little more activity and movement.</p> <p>** On promotional exam Friday there are no regular classes held!! **</p>	<p><b>Saturday:</b></p> <p>8:00-9:00 AM Cardio Kickboxing 8:00-8:45 All 9-12 year olds 8:45-9:30 All 4-8 year olds 9:00-10:00 Adult All Ranks</p> <p>*Please check your monthly calendar for Jr. Black belt and brown belt (12yrs and under) Saturday sparring class from 9:30-10:15</p>