



# Winter Class Schedule



Effective Date: 08/29/11

<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>9:30-11:00 Yoga  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 11-14 yrs  630-730 Yoga</p>	<p><b>Wednesday:</b></p> <p>4:15-5:00 All 7 &amp; 8 year olds  5:00-5:45 9-12 year old  (White ~ Green belt)  5:45-6:30 9-12 year olds  (Brown ~ Junior Blk. Belt)  7:00-8:00 All Rank Adult</p>
<p><b>Thursday:</b></p> <p>9:30-11:00 Yoga  11:00-12:00 Adult Class  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 11-14 yrs  6:30-7:30 Yoga  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 &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>8:00-8:45 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 9:30-10:30. All gear is required!!</p>