

MON

TUES

WED

THURS

FRI

SAT

5:45-6:30pm
FAMILY KARATE

5:45-6:30pm
FAMILY KARATE

4:15-5:15pm
**AFTERSCHOOL
KARATE**

5:45-6:30pm
FAMILY KARATE

4:15-5:15pm
**AFTERSCHOOL
KARATE**

10:00-11:00am
OPEN KIDS KARATE

6:30-7:30pm
JR. KIDS KARATE

6:30-7:30pm
JR. KIDS KARATE

6:30-7:30pm
TEAM GRAPPLING

6:30-7:30pm
JR. KIDS KARATE

TBA
6:30-8:30pm
**SEMINARS/
WORKSHOPS**

NEW
10:00-11:00am
**FITNESS
KICKBOXING**

6:30-7:30pm
**FITNESS
KICKBOXING**

6:30-7:30pm
**FITNESS
KICKBOXING**

6:30-7:30pm
**FITNESS
KICKBOXING**

NEW
6:30-7:30pm
**FITNESS
KICKBOXING**

NEW
1:00-2:00pm
**FITNESS
KICKBOXING**

7:30-8:30pm
SR. KIDS KARATE

7:30-8:30pm
SR. KIDS KARATE

7:30-8:30pm
**SPORT-
KICKBOXING**

7:30-8:30pm
SR. KIDS KARATE

1:00-3:00pm
TEAM GRAPPLING

7:30-8:30pm
**FITNESS
KICKBOXING**

7:30-8:30pm
**FITNESS
KICKBOXING**

NEW
7:30-8:30pm
**FITNESS
KICKBOXING**

8:30-9:30pm
**YOUTH/ADULT
KARATE**

8:30-9:30pm
**SPORT-
KICKBOXING**

8:30-9:30pm
**YOUTH/ADULT
KARATE**

8:30-9:30pm
**YOUTH/ADULT
KARATE**