



2023 CLASS SCHEDULE

*effective 6/26/2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	10:30AM - 11:15AM KICKIN' KANGAROOS			
12:00PM - 12:30PM FITNESS KICKBOXING	12:45PM - 1:30PM BASICS KARATE	12:00PM - 12:30PM FITNESS KICKBOXING	12:45PM - 1:30PM BASICS KARATE	12:00PM - 12:30PM FITNESS KICKBOXING
	1:30PM - 2:00PM PRESKILL (AGES 4-8)		1:30PM - 2:00PM PRESKILL (AGES 4-8)	
	3:45PM - 4:15PM LIL DRAGONS		3:45PM - 4:15PM LIL DRAGONS	
4:00PM - 4:30PM TIGERS / WHITE BELTS	4:15PM - 4:45PM NINJA STARS	4:00PM - 4:30PM TIGERS / WHITE BELTS	4:15PM - 4:45PM NINJA STARS	4:30PM - 5:00PM FORMS
4:30PM - 5:00PM PRESKILL (AGES 4-8)	4:45PM - 5:30PM BASICS KARATE	4:30PM - 5:00PM PRESKILL (AGES 4-8)	4:45PM - 5:30PM BASICS KARATE	5:00PM - 5:30PM WEAPONS
5:00PM - 5:45PM BASICS KARATE	5:30PM - 6:00PM TIGERS / WHITE BELTS	5:00PM - 5:45PM BASICS KARATE	5:30PM - 6:00PM TIGERS / WHITE BELTS	5:30PM - 6:30PM DEMO TEAM / KICKS & TRICKS
5:45PM - 6:15PM PRESKILL (AGES 4-8)	6:00PM - 6:45PM INTERMEDIATE KARATE	5:45PM - 6:15PM PRESKILL AGES 4-8	6:00PM - 6:45PM BLACK BELT CLUB	6:30PM - 8:30PM SPECIAL EVENTS Stay up-to-date on current events planned throughout the month by visiting our website "What's Happening" page or our Facebook Page!
6:15PM - 7:00PM INTERMEDIATE KARATE	6:45PM - 7:30PM BASICS KARATE	6:15PM - 7:00PM BLACK BELT CLUB	6:45PM - 7:30PM BASICS KARATE	
7:00PM - 7:45PM ADVANCED KARATE	7:30PM - 8:15PM BLACK BELT KARATE	7:00PM - 7:45PM BLACK BELT CLUB	7:30PM - 8:15PM LEADERSHIP & MASTERS CLUB	
7:45PM - 8:30PM TEEN / ADULT KARATE	8:15PM - 9:15PM MUAY THAI	7:45PM - 8:30PM TEEN / ADULT KARATE	8:15PM - 9:15PM MUAY THAI	

