

Master Class Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	Main	Studio A	Main	Studio A	Main	Studio A	Main	Studio A	Main	Studio A	Main	Studio A	Main
8:00											Practice Class & Stripe Testing Youth & Adult		
8:15													
8:30													
8:45													
9:00													
9:15													
9:30													
9:45													
10:00	Kickbox		Kickbox Bag		Pure Cardio		Pure Cardio	Anusara Yoga		Kickbox Bag		Youth Karate Gr/Blue - Br/Blk	Little Ninjas
10:15												Youth Karate Or/Purple - Green	Little Ninjas
10:30												Youth Karate Yellow - Orange	Little Ninjas
10:45			Little Ninjas Homeschool					Little Ninjas Homeschool					Little Ninjas
11:00													
11:15	Adult Karate All Levels				Adult Karate All Levels								
11:30			Youth Karate Homeschool					Youth Karate Homeschool				Youth Karate White	Little Ninjas
11:45													
12:00													
3:30													
3:45	Little Ninjas		Little Ninjas		Little Ninjas		Little Ninjas						
4:00													
4:15	Youth Karate Yellow & Orange Kata		Little Ninjas		Youth Karate Yellow & Orange Sparring		Little Ninjas						
4:30													
4:45													
5:00	Youth Karate Orange/Purple & Purple Kata	Little Ninjas	Youth Karate White & Yellow Beginner		Youth Karate Orange/Purple & Purple Sparring	Little Ninjas	Youth Karate White & Yellow Beginner						
5:15													
5:30	Youth Karate Green & Green/Blue Kata	Youth Karate White Beginner	Youth Karate Blue & Brown Kata		Youth Karate Green & Green/Blue Sparring	Youth Karate White Beginner	Youth Karate Blue & Brown Sparring			Youth Karate White & Yellow Beginner	Little Ninjas		
5:45													
6:00													
6:15													
6:30													
6:45	Pure Cardio		Youth Karate Br/Black & Black Kata		Kickbox		Youth Karate Br/Black & Black Sparring			Youth Karate Purple - Br/Black Kata/Spar	Youth Karate Orange & Or/Purple Kata/Spar		
7:00													
7:15													
7:30													
7:45	Adult Karate All Levels Kata		Kickbox Bag	Adult Karate Black Belts Kata	Adult Karate All Levels Sparring		Kickbox			Kickbox			
8:00													
8:15													
8:30													
Guide	Youth Karate	45 min	Little Ninjas	40 min	Adult Karate	60 min	Cardio Kick	55 min	Tai Chi/Yoga	55 min			