

# Adult Karate Class Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Main	Studio A	Main	Studio A	Main	Studio A	Main	Studio A	Main	Studio A	Main	Studio A
8:00											Practice Class & Stripe Testing Youth & Adult	
8:15												
8:30												
8:45												
10:45												
11:00												
11:15	Adult Karate All Levels				Adult Karate All Levels							
11:30												
11:45												
12:00	Lunch Break											
7:30												
7:45	Adult Karate All Levels Kata		Adult Karate Black Belts Kata	Adult Karate All Levels Sparring				Kickbox				
8:00												
8:15												
8:30												
Guide	Adult Karate	60 min	Cardio Kick	55 min								