

Homeschool Class		
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Time	Monday	Thursday
11:15am		Karate
2:00pm	Karate	
2:45pm	Tumbling	

KARATE					
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Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:15pm		2 & 3 year olds			
4:45pm	NEW STUDENTS		4 & 5 year olds		
4:45pm			KARATE	2 & 3 year olds	KARATE
5:30pm	KARATE	KARATE	Weapons	KARATE	
6:15pm	BLACK BELTS		NEW STUDENTS		

Tumbling & Tricking					
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Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:15	Tournament prep		Airfloor tumble		
4:45pm		Tricking	Hyper Weapons		
5:30pm	Tumbling				
6:15				Open floor	Airfloor tumble

Fitness: Drop in between 4:45pm & 7pm for HITT training Mon-Thurs along with classes.
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Time	Monday	Tuesday	Wednesday	Thursday
4:15				
4:45		kickboxing		Kickboxing
5:00				
5:30				

Saturdays are reserved for birthday parties, private lessons, TABATA Bootcamps, and special events.
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