



Deck 1

Monday "A" Day	Tuesday "A" Day	Wednesday "B" Day	Thursday "B" Day	Friday "A" Day*	Saturday "B" Day
Pre-Ninjas (3-4 Yrs Old) All Belts 4:00-4:30	Little Ninjas (5-6 Yrs Old) All Belts 4:00-4:30	Pre-Ninjas (3-4 Yrs Old) All Belts 4:00-4:30	Little Ninjas (5-6 Yrs Old) All Belts 4:00-4:30	Karate Kidz Prep (7-9 Yrs Old) All Belts 4:15-5:00 Make-Up Class	Karate Kidz (10-13 Yrs Old) White-Gold Belt 9:30-10:15
Little Ninjas (5-6 Yrs Old) All Belts 4:30-5:00	Pre-Ninjas (3-4 Yrs Old) All Belts 4:30-5:00	Little Ninjas (5-6 Yrs Old) All Belts 4:30-5:00	Pre-Ninjas (3-4 Yrs Old) All Belts 4:30-5:00	Little Ninjas (5-6 Yrs Old) All Belts 5:00-5:30 Make-Up Class	Little Ninjas (5-6 Yrs Old) All Belts 10:15-10:45
Karate Kidz (10-13 Yrs Old) White-Gold Belt 5:00-5:45	Karate Kidz (10-13 Yrs Old) Blue-Purple Belt 5:00-5:45	Karate Kidz (10-13 Yrs Old) White-Gold Belt 5:00-5:45	Karate Kidz (10-13 Yrs Old) Blue-Purple Belt 5:00-5:45	Karate Kidz (10-13 Yrs Old) All Belts 5:30-6:15 Make-Up Class	Karate Kidz (10-13 Yrs Old) Blue-Brown Belt 10:45-11:30
Karate Kidz (10-13 Yrs Old) Blue-Purple Belt 5:45-6:30	Karate Kidz (10-13 Yrs Old) Red-Brown II Belt 5:45-6:30	Karate Kidz (10-13 Yrs Old) Blue-Purple Belt 5:45-6:30	Karate Kidz (10-13 Yrs Old) Red-Brown II Belt 5:45-6:30	Karate Kidz Prep/Karate Kidz Black Belt Club 6:15-7:00	Adult White-Gold Belt 11:30-12:15
Karate Kidz (10-13 Yrs Old) Red-Brown II Belt 6:30-7:15	Karate Kidz (10-13 Yrs Old) White-Gold Belt 6:30-7:15	Karate Kidz (10-13 Yrs Old) Red-Brown II Belt 6:30-7:15	Karate Kidz (10-13 Yrs Old) White-Gold Belt 6:30-7:15		Adult Blue-Brown Belt 12:15-1:00
Adult Blue-Brown Belt 7:15-8:00	Adult White-Gold Belt 7:15-8:00	Adult Blue-Brown Belt 7:15-8:00	Adult White-Gold Belt 7:15-8:00	Adult All Ranks 7:15-8:00	
Adult White-Gold Belt 8:00-8:45	Adult Blue-Brown Belt 8:00-8:45	Adult White-Gold Belt 8:00-8:45	Adult Blue-Brown Belt 8:00-8:45		

- Please arrive 5-10 minutes prior to class time
- Remain in proper warm-up area
- Never disturb a class in session
- Quietly stretch and prepare for class
- All valuables should be left at home
- All shoes should be placed in shoe rack
- Quietly stretch and prepare for class
- All jewelry must be removed prior to class
- Clean uniform and hygiene habits are a must
- All guest should remain in waiting area

Deck 2

Monday "A" Day	Tuesday "A" Day	Wednesday "B" Day	Thursday "B" Day	Friday "A" Day*	Saturday "B" Day
Karate Kidz Prep (7-9 Yrs Old) White-Gold Belt 4:45-5:30	Karate Kidz Prep (7-9 Yrs Old) Blue-Brown Belt 4:45-5:30	Karate Kidz Prep (7-9 Yrs Old) White-Gold Belt 4:45-5:30	Karate Kidz Prep (7-9 Yrs Old) Blue-Brown Belt 4:45-5:30	Private Lessons 4:30-7:00	Women Cardio Kick Boxing 8:45-9:30
Karate Kidz Prep (7-9 Yrs Old) Blue-Brown Belt 5:30-6:15	Karate Kidz (10-13 Yrs Old) Black Belt 5:30-6:15	Karate Kidz Prep (7-9 Yrs Old) Blue-Brown Belt 5:30-6:15	Karate Kidz (10-13 Yrs Old) Black Belt 5:30-6:15		Karate Kidz Prep (7-9 Yrs Old) White-Gold Belt 9:30-10:15
Karate Kidz (10-13 Yrs Old) Black Belt 6:15-7:00	Karate Kidz Prep (7-9 Yrs Old) White-Gold Belt 6:15-7:00	Karate Kidz (10-13 Yrs Old) Black Belt 6:15-7:00	Karate Kidz Prep (7-9 Yrs Old) White-Gold Belt 6:15-7:00	D.E.L.T.A. 7:00-7:45	Karate Kidz Prep (7-9 Yrs Old) Blue-Brown Belt 10:15-11:00
Adult Black Belt 7:00-7:45	Women Cardio Kick Boxing 7:00-8:00	Adult Black Belt 7:00-7:45	Women Cardio Kick Boxing 7:00-8:00		Private Lessons 11:00-1:00
Adult Black Belt Club 7:45-8:00	Adult Black Belt 8:00-8:45	Demo Team Practice 7:45-8:30	Adult Black Belt 8:00-8:45		

Attendance

- ★ Please notify us if you will be away for more than 1 week.
- ★ Come only to your designated classes.
- ★ Focus your Eyes, Mind and Buddy during every class

Please check monthly schedule in the Newsletter for Graduations and special events.

"B"Days
Grappling & Sparring
Safety Gear Required

"A"Days
Basics,
Self Defense & Forms Training

HAVE YOUR BIRTHDAY PARTY HERE!!!

Just bring your camera, sit back, and enjoy...
We do all the work!!!

Each 90 minute party includes an exciting karate lesson developing teamwork through games and drills! Pizza, Juice and a Pinata Plus much, much more!!!

For more details call us at 631-242-0586