

Little Ninjas

Age specific program specially designed for

ages 3 to 6

Monday

6:30 P.M. - 7:00 P.M.

Thursday

5:15 P.M. - 5:45 P.M.

Saturday – Review

9:00 A.M. - 9:30 A.M.

Sunday – Tournament / Black Belt Club Practice

12:00 P.M. – 1:00 P.M. or later

Karate Kidz

Age specific program specially designed for

ages 7 to 11

Monday

Novice: 7:00 P.M. - 7:45 P.M.

Intermediate: 7:00 P.M. - 8:00 P.M.

Advanced: 7:00 P.M. - 8:00 P.M.

Tuesday – Fight Night

Kids Sparring – Yellow & Up: 6:00 P.M. - 6:30 P.M.

Thursday

Novice: 5:45 P.M. - 6:30 P.M.

Intermediate: 6:30 P.M. - 7:15 P.M.

Advanced: 7:15 P.M. - 8:00 P.M.

Saturday – Review

White – Yellow Transition: 9:30 A.M. - 10:15 A.M.

Orange – Green: 10:15 A.M. - 11:00 A.M.

Sunday – Tournament / Black Belt Club Practice

12:00 P.M. – 1:00 P.M. or later

Novice: White – Yellow w/Tip

Intermediate: Yellow Transition – Orange w/Tip

Advanced: Orange Transition – Green

Kenpo Karate

Ages 12+

The ultimate in self-defense!

Private Lessons and Group Classes

Monday

Group Class: 6:30 P.M. - 7:30 P.M.

Tuesday – Fight Night

Sparring Drills: 6:30 P.M. - 7:15 P.M.

Sparring: 7:15 P.M. - 8:00 P.M.

*Note: Adult sparring is open to any adult

Thursday

Group Class: 6:30 P.M. - 7:30 P.M.

Sunday

Group Class: 11:00 A.M. - 12:00 P.M.

Sunday – Tournament / Black Belt Club Practice

12:00 P.M. – 1:00 P.M. or later



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