

# KARATE CLASSES

(ALL ARE AVAILABLE TO BLACK BELT CLUB STUDENTS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9-9:55a.m. 1st Saturday: Leadership Team 4th Saturday: Salon (on Zoom)*	
					10-10:55a.m. 1st Saturday: Black Belt Club*	
5-5:55p.m. <b>BEGINNER KARATE*</b>		5-5:55p.m. <b>BEGINNER KARATE*</b>	5:15-5:55p.m. <b>INTRO to KARATE*</b>			
6-6:55p.m. <b>INTERMEDIATE KARATE</b>	6-6:55p.m. <b>ADVANCED KARATE</b>	6-6:55p.m. <b>INTERMEDIATE KARATE</b>	6-6:55p.m. <b>ADVANCED KARATE</b>			
	7-7:55p.m <b>Interval Training*</b>		7-7:55p.m <b>Interval Training*</b>	7-7:55p.m. Last Friday: <b>OPEN PUSH HANDS/ SPARRING</b>		

**\*PERFECT FOR BEGINNER STUDENTS**