



## Combined Taekwondo, Karate, and Capoeira Schedules

All Classes are Listed in **Central Time**.

\*effective 1-14-24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Kids CAPOEIRA</b> 4:30pm-5:00pm	<b>KARATE (kids) Basics</b> 12:30pm-1:00pm	<b>Kids and Teens CAPOEIRA Level 2</b> 4:00pm-4:30pm	<b>FITNESS KICKBOXING (16+)</b> 8:00am-8:45am		<b>Teens &amp; Adults CAPOEIRA Conditioning</b> 8:45am-9:30am
	<b>Teens CAPOEIRA</b> 5:15pm-5:45pm	<b>Kids/Teen KARATE Intermediate</b> 1:15pm- 1:45pm	<b>Kids/Teen KARATE Basics</b> 4:45pm- 5:15pm	<b>Kids CAPOEIRA</b> 5:15pm-5:45pm		<b>Kids/Teen KARATE Advanced</b> 9:45am-10:15am
	<b>Adults CAPOEIRA</b> 6:00pm-6:30pm	<b>Kids/Teen KARATE Advanced</b> 2:45pm-3:25pm	<b>Kids/Teen KARATE Intermediate</b> 5:30pm- 6:00pm	<b>Teens CAPOEIRA</b> 6:00pm-6:30pm		<b>KARATE (kids) Basics</b> 10:30am-11:00am
		<b>TAEKWONDO (16+)</b> 6:00pm-6:45pm		<b>Adults CAPOEIRA</b> 6:45pm-7:15pm		<b>Kids/Teen KARATE Intermediate</b> 11:15am-11:45am
						<b>Music CAPOEIRA*</b> 12:00pm-12:30pm

\*Capoeira Music is on 1st and 3rd Saturdays of each month, with berimbau only on 2nd Saturdays.

All students may attend up to 2 classes per week in their program, plus a music class (capoeira). Seasonal online parties, and games are included at each age level and program.