**Peak Performance Shotokan Karate-Do**

*Traditional Japanese Karate*

*Winter 2018 - Spring 2019 Training schedule*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Saturday** |
|  |  |  |  |  |
| **Youth****4:30-5:30** | **Youth****5:30-6:30** | **Pre-Karate****4:30-5:15** | **Youth****5:30-6:30** | **Brown/Black belts****10:00-11:00** |
| **Youth****5:30-6:30** | **Teen-Adult****6:30-8pm** | **Parent/youth combined****5:30-6:30** | **Teen-Adult****6:30-8pm** | **Youth/Teens/Adults****11:00-12:00** |
|  |  |  |  | **CompetitionClass****12:00-1:00** |

Fee Schedule

Pre-Karate and Advanced Pre-Karate 6 week session $48

Pre-Karate and Advanced Pre-Karate Monthly $35

Youth Karate 6 week session $48

Youth Karate Monthly (once per week training) $35

Youth Karate Monthly (unlimited training) $60

Adult Karate 6 week introductory session $54

Adult Karate Monthly (unlimited training) $70

***Flexible scheduling for family calendars:***

Students training once per week do not have to come on the same day every week

***Please send an email if you have questions!***

**peakperformancekarate.com**

**Peak Performance 2210 Silver Lake Road New Brighton, MN 55112 (612)-816-7195**

**Peak Performance is an official Affiliate of the Shotokan Karate International Federation**