

SHOJIN KAI KARATE CLASS SCHEDULE (EFFECTIVE SEPTEMBER 2023)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:30PM-1:30PM		LADIES SELF-DEFENSE & FITNESS		LADIES SELF-DEFENSE & FITNESS			
3PM-4PM						ALL AGES (ALL LEVELS)	
3:30PM-4PM	PEEWEE KIDS 4-6		PEEWEE KIDS 4-6		PEEWEE KIDS 4-6		
4PM-5PM	KIDS 7-11		KIDS 7-11		KIDS 7-11		
5PM-6PM					YOUTH & ADULTS 12-UP (GENERAL)		
7PM-8:30PM					YOUTH & ADULTS 12-UP (ADVANCED)		
8PM-9PM	YOUTH & ADULTS 12-UP (GENERAL)	YOUTH & ADULTS 12-UP (BEGINNERS)	YOUTH & ADULTS 12-UP (GENERAL)				