

GROUP CLASS SCHEDULE

Online and Park Class Schedule for Active Students During Covid-19 Modifications

Live-Online instruction and Live-Outdoor instruction offered (Group Classes)

Online Live Classes broadcast using ZOOM

(All Active Students receive invitations and passwords for qualified online classes)

Live-Online Group Classes		Outdoor Group Classes				
	Tuesday	Thursday	Wednesday	Monday	Friday	Saturday
	<i>Professor Cantrelle</i>	<i>Professor Cantrelle</i>	<i>Professor Cantrelle</i>	<i>Professor Cantrelle</i>	<i>Professor Cantrelle</i>	<i>Professor Cantrelle</i>
Times:			Times:			
4:30 PM	Beginner Class (All Ranks)	Beginner Class (All Ranks)	4:00 PM	Kenpo in the Park (6:30-7:15pm) (All Ranks)	Kenpo in the Park (5:30-6:15pm) (All Ranks)	Kenpo in the Park (10:30-11:15am) (All Ranks)
to			to			
5:15 PM			4:30PM			
	<i>Professor Cantrelle</i>	<i>Professor Cantrelle</i>	<i>Professor Cantrelle</i>			
5:30 PM	Intermediate Class (Orange and Above)	Intermediate Class (Orange and Above)	6:00PM	Black Belt Prep Class (Brown/Black and Above)		
to			to			
6:15 PM			6:45PM			
	<i>Professor Cantrelle</i>	<i>Professor Cantrelle</i>	<i>Professor Cantrelle</i>			
6:30 PM	Advanced Class (Green and Above)	Advanced Class (Green and Above)	7:00pm	Black Belt Class (Jr.Black and Above)		
to			to			
7:15 PM			8:00pm			