

GOLDEN TIGER KARATE

Class Schedule

Schedule Effective January 1, 2020 - Schedule is subject to change.

Group	Monday (A)	Tuesday (A)	Wednesday (B)	Thursday (B)	Friday	Saturday (A)	Sunday (B)
Therapeutic Martial Arts 5-8		1:30-2:00 PM	1:30-2:00 PM		4:30-5:00 PM		2:30-3:00 PM
Therapeutic Martial Arts 9+		2:30-3:00 PM	2:30-3:00 PM		5:30-6:00 PM		3:30-4:00 PM
Tiger Tots						10:00-10:30 AM	12:15-12:45 AM
Tiger Cubs	4:30-5:00 PM		4:30-5:00 PM	4:30-5:00 PM		10:45-11:15 AM	1:00-1:30 PM
Karate Kids	5:15-5:45 PM	4:30-5:00 PM	5:15-5:45 PM	3:45-4:15 PM		11:30-12:00 AM	1:45-2:15 PM
White Belts	6:00-6:45 PM	3:30-4:15 PM	6:00-6:45 PM		6:15-7:00 PM	12:15-1:00 PM	4:15-5:00 PM
Yel. and Org. Belts	7:00-7:45 PM	5:15-6:00 PM	7:00-7:45 PM	5:15-6:00 PM	6:15-7:00 PM	12:15-1:00 PM	4:15-5:00 PM
High Org., All Green, Purple		6:15-7:00 PM		6:15-7:00 PM	7:15-8:00 PM		5:15-6:00 PM
Purple, Brown and Black		7:15-8:00 PM		7:15-8:00 PM	7:15-8:00 PM		5:15-6:00 PM
Adult only karate classes	8:00-8:45 PM		8:00-8:45 PM				
Weapons						1:15-2:00 PM	
Black Belt Club						2:15-3:00 PM	
Tournament Prep Kata						3:15-4:00 PM	
Tournament Prep Kumite						4:15-5:00 PM	

SATURDAY classes may be closed occasionally for special events. Watch for notices.

Tiger Tots = 2 and 3 year old "Parent and I" class (attend one class / week).

Tiger Cubs = 3 through 5 years old (attend one class / week).

Karate Kids = 5 through 8 years old (attend one class per week)

White Belts = Students with White belt rank (attend a minimum two classes / week).

Beginners = Students with Yellow, Orange and High Orange belts.

Intermediates = Students with Green, High Green, Purple and High Purple belts.

Advanced = Students with Brown, High Brown and Black belts.

Therapeutic Martial Arts (TMA) = Students with special needs.

Resource Students = Students with special needs.

Tournament Prep = Black Belt Program students preparing for Competition.

Adult only karate classes = Martial Arts instruction for adults.

Black Belt Club = Classes available to Black Belt Club members.

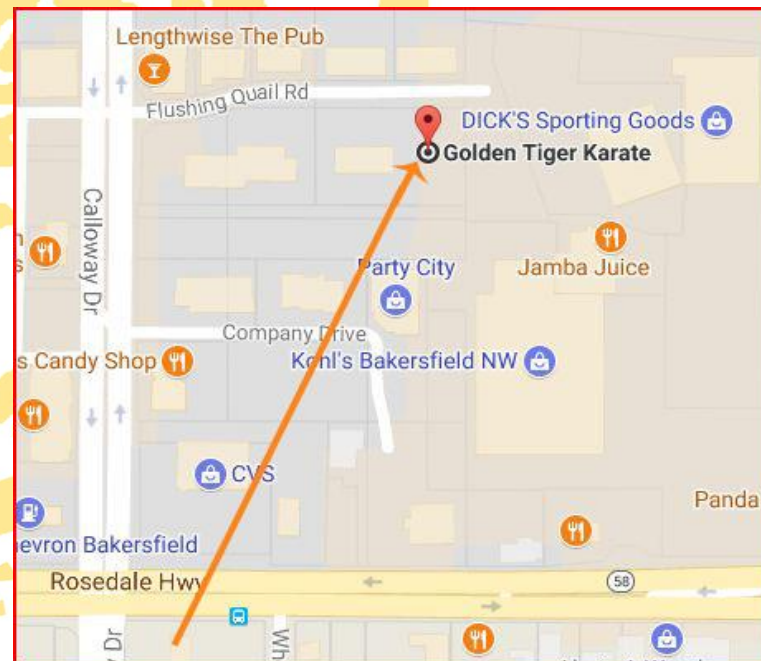
NOTE: (A) – Kata day, (B) – Kumite day

Rev. 09012019

Scan for Website



golden-tiger-karate.com



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