

GOLDEN TIGER KARATE

Class Schedule

Schedule Effective September 1, 2022 - Schedule is subject to change.

Group	Monday (A)	Tuesday (A)	Wednesday	Thursday (B)	Friday (B)	Saturday (A,B)	Sunday
Karate Kids (Homeschool)		10:15-11:15AM					
Karate Kids (Homeschool)		11:30-12:30AM					
White & Yellow Belts (HS)		12:45-1:45 PM					
Yel., Org, Hi Org. Belts (HS)		2:00-3:00 PM					
Hi Orange & above Belts (HS)		3:15-4:15 PM					
Tiger Tots						10:00-10:30AM	
Tiger Cubs	4:30-5:00 PM			4:30-5:00 PM	4:30-5:00 PM	10:45-11:15AM	
Karate Kids	5:15-5:45 PM	4:30-5:00 PM		5:15-5:45 PM		11:30-12:00PM	
White Belts	6:00-6:45 PM			6:00-6:45 PM	5:15-6:00 PM	12:15-1:00 PM	
Yel. and Org. Belts	7:00-7:45 PM	5:15-6:00 PM		7:00-7:45 PM		12:15-1:00 PM	
High Org., All Green, Purple		6:15-7:00 PM			6:15-7:00 PM	1:15-2:00 PM	
Purple, Brown and Black		7:15-8:00 PM			7:15-8:00 PM	1:15-2:00 PM	
Adult only karate classes	8:00-8:45 PM			8:00-8:45 PM			
Black Belt Club						2:15-3:00 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 / week)

White Belts = Students with White belt rank (attend 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.

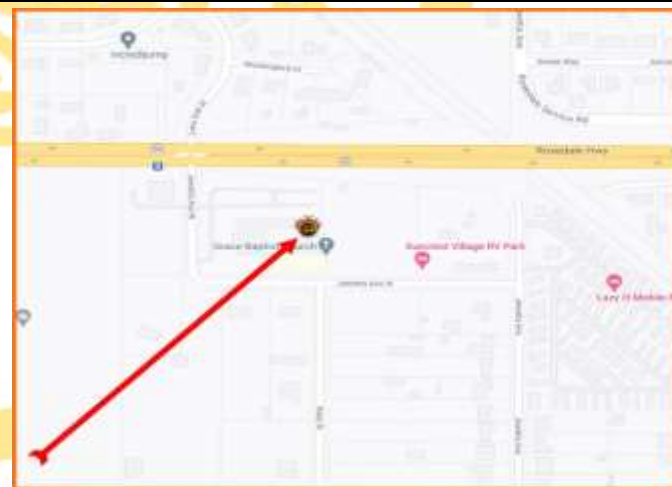
Adult only karate classes = Martial Arts instruction for adults.

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

NOTE: (A) - Kata Day, (B) – Kumite Day



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(661) 345-4371 • GRACE BAPTIST CHURCH • 2550 Jewetta Ave • Bakersfield, CA 93312