



ESPOSITO'S KARATE FITNESS CENTER

SCHEDULE

September 2025 – June 2026

2025-2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dynomites White-Orange/Purple (Ages 4½ - 7 yrs)	4:15 - 5:00 pm	4:15 - 5:00 pm	4:15 - 5:00 pm	4:15 - 5:00 pm	4:15 - 5:00 pm	10:00 - 10:45 am	
Juniors White-Purple/Blue (Ages 7½ - 12 yrs)	4:15 - 5:00 pm ----- 5:15 - 6:00 pm	4:15 - 5:00 pm ----- 5:15 - 6:00 pm	4:15 - 5:00 pm	4:15 - 5:00 pm ----- 5:15 - 6:00 pm	4:15 - 5:00 pm	11:00 - 11:45 am	
Adv. Juniors Blue - Green (Ages 7½ - 12 yrs)	5:15 - 6:00 pm	5:15 - 6:00 pm	5:15 - 6:00 pm	5:15 - 6:00 pm	5:15 - 6:00 pm	12:00 - 12:50 pm	Private lessons available
Green/Brown - Brown/Black	6:15 - 7:00 pm	6:15 - 7:00 pm Forms & Sparring Class (all ranks)	Private lessons & SWAT/DELTA training	6:15 - 7:00 pm Weapons Class (Blue Belt +)	5:15 - 6:00 pm	1:00 - 1:50 pm	
Teen/Jr. Black	7:00 - 8:00 pm Teen/Adult	7:00 - 8:00 pm Teen/Adult		7:00 - 8:00 pm Teen/Adult			

230 Adams Street ▪ Newton, MA 02458 ▪ 617.965.1329

www.EspositosKarate.com

Minimum of 6 students per class.