



Combined Taekwondo, Karate, and Capoeira Schedules

All Classes are Listed in **Central Time**.

*effective June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kids CAPOEIRA 4:30pm-5:00pm	KARATE (kids) Basics 12:30pm- 1:00pm	Kids Level 2 and Teens CAPOEIRA 4:00pm-4:30pm	FITNESS KICKBOXING (16+) 8:00am-8:45am	Kids/Teen KARATE Advanced 12:45pm-1:15pm	Teens & Adults CAPOEIRA Conditioning (every other week) 8:45am-9:30am
	Teens CAPOEIRA 5:15pm-5:45pm	Kids/Teen KARATE Intermediate 1:15pm- 1:45pm	Kids KARATE Basics 4:45pm- 5:15pm	Kids Level 2 CAPOEIRA 4:30pm-5:00pm	Kids/Teen KARATE Intermediate 1:30pm-2:00pm	Kids/Teen KARATE Int. & Advanced 10:00am-10:30am (all level through summer 2025)
	Adults CAPOEIRA Foundations 6:00pm-6:45pm	Kids/Teen KARATE Advanced 2:45pm-3:25pm	Kids/Teen KARATE Int. & Advanced 5:30pm- 6:00pm	Kids CAPOEIRA 5:15pm-5:45pm	Kids KARATE Basics 2:15pm-2:45pm	Music CAPOEIRA (paused summer 2025)
				Teens CAPOEIRA 6:00pm-6:30pm		
		TAEKWONDO (16+) 6:00pm-6:45pm		Adults CAPOEIRA Level 2 6:45pm-7:30pm		