



Combined Taekwondo, Karate, and Capoeira Schedules

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

*effective 5/1/2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kids 4-8 CAPOEIRA 4:30pm-5:00pm	Kids KARATE Basics 12:30pm- 1:00pm	Youth 9-12 and Teens CAPOEIRA 4:00pm-4:30pm	Kids 4-8 CAPOEIRA 5:15pm-5:45pm	Kids/Teen KARATE Advanced 12:45pm-1:15pm	
	Youth 9-12 CAPOEIRA 5:15pm-5:45pm	Kids/Teen KARATE Intermediate 1:15pm- 1:45pm	Kids KARATE Basics 4:45pm- 5:15pm	Teen & Adults CAPOEIRA 6:00pm-6:45pm	Kids/Teen KARATE Intermediate 1:30pm-2:00pm	
	Teen & Adults CAPOEIRA 6:00pm-6:45pm	Kids/Teen KARATE Advanced 2:40pm-3:20pm	Kids/Teen KARATE Int. & Advanced 5:30pm- 6:00pm		Kids KARATE Basics 2:15pm-2:45pm	
		Kids/Teen KARATE Black Belt 3:30pm-4:15pm	MARTIAL ARTS CONDITIONING (All ages Black Belt, and all level Teens and Adults) 6:15pm- 7:00pm			
		TAEKWONDO (16+) 6:00pm-6:45pm				