



# OAKLAND KARATE & KICKBOXING

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## GROUP CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Cardio Kickbox <b>8:00am</b>
Adult Karate All Rank <b>12-1pm</b>	Muay Thai Open <b>12-1pm</b>	Adult Karate All Rank <b>12-1pm</b>	Muay Thai Open <b>12-1pm</b>	Adult Karate All Rank <b>12-1pm</b>	Adult Karate Advanced <b>9-10am</b>
Pee Wee Karate <b>4-4:30pm</b>		Pee Wee Karate <b>4-4:30pm</b>			Pee Wee Karate <b>10-10:30am</b>
Child Karate Beginners <b>4:30-5:15pm</b>	Child/Teen Kickboxing <b>4:30-5:15pm</b>	Child Karate Beginners <b>4:30-5:15pm</b>	Child/Teen Kickboxing <b>4:30-5:15pm</b>		Child Karate All Ranks <b>10:30-11:15am</b>
	Child/Teen Karate All Rank <b>5:15-6pm</b>		Child/Teen Karate All Rank <b>5:15-6pm</b>	Child/Teen Karate Advanced <b>5:15-6pm</b>	Adult/Teen Karate <b>11:15-12pm</b>
Cardio Kickbox Bag workout <b>6-7pm</b>	Cardio Kickbox Boot Camp <b>6-7pm</b>	Cardio Kickbox Bag workout <b>6-7pm</b>	Cardio Kickbox Boot Camp <b>6-7pm</b>	Muay Thai Open <b>6:30-7:30pm</b>	Muay Thai Open <b>12-1pm</b>
Muay Thai Open <b>7-8pm</b>	Adult Karate <b>7-8pm</b>  Brazilian Jiu Jitsu <b>7pm</b>	Muay Thai Open <b>7-8pm</b>	Adult Karate <b>7-8pm</b>  Brazilian Jiu Jitsu <b>7pm</b>		Brazilian Jiu Jitsu <b>1PM</b>