

Family Christian



Karate, LLC

Days	Times	Description
Mondays	8:00 AM	Fitness by Kickboxing
	4:00	Kickin Tots
	5:30	All Belts
	6:30	All Belts
	7:30	All Belts
Tuesdays	4:30	All belts
	5:30	All belts
	6:30	All belts
	7:30	All belts
Wednesdays	5:30	White and Yellow Belts
	6:30	Orange and Green Belts
	7:30	Purple and above
	8:15PM	Fitness by Kickboxing
Thursdays	4:30	Sparring
	Note: sparring is Yellow Belts and above	White Belts
	4:30	Sparring
	5:30	White Belts
	5:30	Sparring
	6:30	White Belts
	6:30	Sparring
7:30	Sparring	
Fridays	4:30	All Belts
	5:30	All Belts
	6:30	All Belts
	6:30	All Belts
Saturdays	10:00	White, Yellow and Orange Belts
	11:00	Green Belts and Above