

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Health Wellness Nutrition Programs presented by Blooming Wellness Center See Separate Special Events Schedule	ZUMBA 10:30-11:15AM 4PM-4:30PM	ZUMBA Noon-12:30PM 5PM-5:45PM			Parent/Child KINDERKARATE 9AM-9:45AM
			Child'n Beginner & Intermediate 5PM-5:45PM	Child'n Beginner & Intermediate 5PM-5:45PM	Children Beginner 9:45-10:30AM
	Child'n Beginner & Intermediate 5:45-6:30PM	Intermediate & Advanced 5:45-6:30PM	Sparring Board Break'g 5:45-6:30PM	Sparring Board Break'g 5:45-6:30PM	Children Intermediate 10:30-11:15AM
	Intermediate & Advanced 6:30-7:15PM	Child'n Beginner & Intermediate 6:30-7:15PM	Child'n Advanced & Teen-Adult 6:30-7:15PM	Child'n Advanced & Teen-Adult 6:30-7:15PM	Sparring & Board Break'g 11:15AM-Noon
	Sparring Board Break'g 7:15-8PM	Sparring Board Break'g 7:15-8PM	Special Events & Workshops 7:30-9:30pm See Separate Special Events Schedule		Child'n Advanced & Teen-Adult Noon-12:45PM
	Child'n Advanced & Teen-Adult 8PM-8:45PM	Child'n Advanced & Teen-Adult 8PM-8:45PM			Karate Parties 1:30-3PM

TaeKwonDo Class	Tuesday	Wednesday	Thursday	Friday	Saturday
Children Beginner White Ylw Grn Purp	5:45-6:30PM	6:30-7:15PM	5PM-5:45PM	5PM-5:45PM	9:45-10:30AM
Children Intermediate Red, Brown ^{2,1}	5:45-6:30PM or 6:30-7:15PM	5:45-6:30PM or 6:30-7:15PM	5PM-5:45PM	5PM-5:45PM	10:30-11:15AM
Sparring & Board Break'g Red Brown Black	7:15-8PM	7:15-8PM	5:45-6:30PM	5:45-6:30PM	11:15AM-Noon
Children Advanced Brown ^{+1, ++1} Black	6:30-7:15PM or 8PM-8:45PM	5:45-6:30PM or 8PM-8:45PM	6:30-7:15PM	6:30-7:15PM	Noon-12:45PM
Teen & Adult All Belts	8PM-8:45PM	8PM-8:45PM	6:30-7:15PM	6:30-7:15PM	Noon-12:45PM

KinderKarate

Sep 23,
Oct 7, 14, 21, 28
Nov 4, 18,
Dec 2, 9, 16, 23
Jan 6, 20, 27

Scheduled Closings

Rosh Hashanah Wed, Sept 20 thru Fri, Sept 22
Yom Kippur Fri, Sept 29 and Sat, Sep 30
Columbus W'kd Sat, Oct 7 thru Mon, Oct 9
Veteran's Day Sat, Nov 11

Thanksgiving Thu, Nov 23 thru Sat, Nov 26
Winter Break Mon, Dec 25 thru Tues, Jan 2
M.L.King W'kd Sat, Jan13 thru Mon, Jan 15

Note: Special events and promotion tests pre-empt regularly scheduled classes.
Check website for special events and schedule updates.