

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ZUMBA Beginner 4PM-4:45PM	ZUMBA Beginner 4PM-4:30PM	ZUMBA Intermediate 4PM-4:45PM			Parent-Child KINDERKARATE 9AM-9:45AM
Health & Wellness Programs See Website	Strength- Endurance 4:30-5PM		Beginner & Intermediate 5PM-5:45PM	Beginner & Intermediate 5PM-5:45PM	Children All levels 9:45-10:30
	Beginner 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	Sparring Board-Breaking 10:30-11:15AM
	Intermediate & Advanced 6:30-7:15PM	Beginner & Intermediate 6:30-7:15PM	Child'n Advanced & Teen-Adult 6:30-7:15PM	Child'n Advanced & Teen-Adult 6:30-7:15PM	Child'n Advanced & Teen-Adult 11:15AM-Noon
	Board Break'g 7:15-8PM	Sparring Board Break'g 7:15-8PM	Presentations & Workshops (See Website)		Karate Parties & Special Events (See Website)
	Child'n Advanced & Teen-Adult 8PM-8:45PM	Child'n Advanced & Teen-Adult 8PM-8:45PM			

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 Purp, Red, Brown²	6:30-7:15PM	5:45-6:30PM or 6:30-7:15PM	5PM-5:45PM	5PM-5:45PM	9:45-10:30AM
Sparring & Board Break'g Red Brown Black	7:15-8PM	7:15-8PM	5:45-6:30PM	5:45-6:30PM	10:30-11:15AM
Children Advanced Brown 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	11:15AM-Noon
Teen & Adult All Belts	8PM-8:45PM	8PM-8:45PM	6:30-7:15PM	6:30-7:15PM	11:15AM-Noon

KinderKarate

Jan 4, 11, 18, 25

Feb 1, 8, 15, 22, 29

Mar 7, 21, 28,

Apr 4, 11, 25

May 2, 9, 16,

Jun 6, 13, 20, 27

Scheduled Closings

Mid-Winter Recess

Spring Recess

Memorial Day Wk'nd

Sun-Mon, Mar 9-15

Thu-Fri, Apr 9-17

Sat-Mon, May 22-25

Note: Special events and promotion tests pre-empt regularly scheduled classes.

Check email notifications for test dates and weather closings.