

Starts 8.12.2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Dojo Dinos Ages 3.5 – 6

Basic Course	-----	Karate 3:45 – 4:15	Karate 5:15 – 6:00	Karate 5:00 – 5:30	Karate 4:30 – 5:15	Karate 9:30 – 10:15
Black Belt Course	Karate 3:45 – 4:15	Karate 5:00 – 5:30	Sparring 4:30 – 5:15	Karate 3:45 – 4:15	Karate 5:15 – 6:00	Sparring 11:15 – 12:00

Dojo Dragon Ages 6 – 12 (Comp. notes Competition/Sparring Classes)

Basic Course	-----	Karate 4:15 – 5:00	Karate 6:00 – 6:45	Karate 5:30 – 6:15	Karate 4:30 – 5:15	Karate 9:30 – 10:15
Beg. / Inter. Black Belt Course	Karate 4:15 – 5:00	Karate 5:30 – 6:15	Sparring 4:30 – 5:15	Karate 4:15 – 5:00	Karate 5:15 – 6:00	Sparring 11:15 – 12:00
Advanced Black Belt Course	Karate 5:00 – 5:45	Karate 6:15 – 7:00	Sparring 4:30 – 5:15	Black Belt Prep 6:15 – 7:00	Karate/Grapling 6:00 – 6:45	Sparring 11:00 – 11:45
Masters Course	Karate 5:00 - 5:45 ----- Weapons 5:45 – 6:15	Karate 6:15 – 7:00	Weapons 4:00 – 4:30 ----- Sparring 4:30 – 5:15 ----- BJJ 6:00 – 6:45	Black Belt Prep 6:15 – 7:00	Karate/Grapling 6:00 – 6:45 ----- BJJ 6:00 – 6:45	BJJ 10:15– 11:15
			Sparring 11:15 – 12:00			
ASK	3:00 – 3:45	3:00 – 3:45	3:00 – 3:45	3:00 – 3:45	Fun Friday	-----

Teens & Adults Ages 12 & Up

Beginners	Karate 6:15 – 7:00	Karate 7:00 – 7:45	Sparring 6:45 – 7:30	Karate 7:00 – 7:45	Adult/Kids BJJ 6:00 – 6:45	Adult BJJ 10:15 – 11:15
Advanced BBC and Masters	Adult BJJ 7:00 – 8:00 ----- Karate 6:15 – 7:00	Karate 7:00 – 7:45	Adult/Kids BJJ 6:00 – 6:45 ----- Sparring 6:45 – 7:30	Black Belt Prep 6:15 – 7:00 ----- Karate 7:00 – 7:45	Adult/Kids BJJ 6:00 – 6:45	Adult BJJ 10:15 – 11:15