



678-822-3656 Roswell@TeamDojo.com

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

Basic Course (White Uniforms)	Karate 5:00 - 5:30	Karate 4:15 - 4:45	No Class	Karate 4:30 - 5:00	Karate 5:15 - 5:45	Karate 9:30 - 10:00
Black Belt Course (Red Uniforms)	Karate 4:15 - 5:00	Karate 5:30 - 6:15	Sparring 5:00 - 6:00	Karate No Class	Karate 6:30 - 7:15	Sparring 11:15 - 12:00

Dojo Dragon Ages 7 – 11 (Comp. notes Competition/Sparring Classes)

Basic Course (White Uniforms)	Karate 5:30 - 6:15	Karate 4:45 - 5:30	No Class	Karate 5:00 - 5:45	Karate 5:45 - 6:30	Karate 9:30 - 10:00
Beg. / Inter. Black Belt Course (Yellow Belt – Adv. Purple Belt)	Karate 4:15 - 5:00	Karate 5:30 - 6:15	Sparring 5:00 - 6:00	Karate No Class	Karate 6:30 - 7:15	Sparring 11:15 - 12:00
Masters Course (Blue Belt – Black Belt)	Karate 6:15 - 7:00	Karate 6:15 - 7:00	Sparring 5:00 - 6:00 2 nd Degree Black Belt Class 6:00 - 6:45	Weapons Class 5:45 - 6:15	Karate 4:30 - 5:15	Sparring 11:15 - 12:00
				Black Belt Prep 6:15 - 7:00		2 nd Degree Black Belt Class 12:00 - 12:45
A.S.K	3:30 - 4:15	3:30 - 4:15	3:30 - 4:15	3:30 - 4:15	Fun Friday 3:30 - 4:15	-----

Teens & Adults Ages 12 & Up

Beginners (White Belt – Green Belt)	Karate 6:15 - 7:00	Karate 7:00 - 7:45	Sparring 6:45 - 7:30	Karate 7:00 - 7:45	-----	Sparring 11:15 - 12:00
Int/Adv (Purple Belt – Black Belt)	Karate 6:15 - 7:00 BJJ 7:00 - 8:00	Karate 7:00 - 8:15	2 nd Degree Black Belt Class 6:00 - 6:45 Sparring 6:45 - 7:30	Weapons Class 5:45 - 6:15 Karate 6:15 - 7:00	-----	BJJ 10:15 - 11:15 Sparring 11:15 - 12:00 2 nd Degree Black Belt Class 12:00 - 12:45