



678-822-3656 [Roswell@TeamDojo.com](mailto:Roswell@TeamDojo.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	---------	-----------	----------	--------	----------

### 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 4:30 – 5:15	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 4:30 – 5:15	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 5:15 – 6:00 2 <sup>nd</sup> 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 <sup>nd</sup> 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 – 7:45 Ground Fighting 7:45 – 8:15	2 <sup>nd</sup> 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 <sup>nd</sup> Degree Black Belt Class 12:00 – 12:45