

Class Schedule - April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Free practice all day Must be booked in advance	
5:50 - 7:15pm Karate (beginner - blue belts)						
5:50 - 7:45pm Karate (Purple Belts)	6:00 - 6:45pm: Tiger Tots (age 3-6)		6:20 - 8:30pm: Karate (Brown & Black belts)	6:30 - 7:55pm: Karate (beginner - purple belts)		10:15 - 11:55am: Karate (All grades - includes Bo)
5:50 - 8:15pm: Karate (Brown & Black belts)	7:30 - 8:30pm: Fitness Class	6:30 - 7:55pm: Karate (beginner - purple belts)	8:30 - 9:00pm: Karate (Black belts)	6:30 - 7:55pm: Karate (Brown & Black belts)		11:50 - 1:30pm: Karate (Brown & Black belts)
8:15 - 8:55pm: Advanced Tai-Chi		8:00 - 8:55pm: Tai-Chi		8:00 - 8:55pm: Tai-Chi		

Brown & black belt classes may include weapons training any day - please bring nunchaku & bo.