

Community Karate Clubs

Class Schedule

effective 8/3/2009

Class	Monday	Wednesday	Friday
All Ranks Class	3:00 pm - 3:45 pm	3:00 pm - 3:45 pm	
Fitness Class	4:00 pm - 4:30 pm	4:00 pm - 4:30 pm	
All Ranks Class	4:30 pm - 5:15 pm	4:30 pm - 5:15 pm	
All Ranks Class	5:30 pm - 6:15 pm	5:30 pm - 6:15 pm	5:30 pm - 6:15 pm
Fitness Class	6:15 pm - 6:45 pm	6:15 pm - 6:45 pm	
Weapons, Sparring & Competition Class			6:15 pm - 7:15 pm
Family Class	6:45 pm - 7:30 pm	6:45 pm - 7:30 pm	