

MON	TUE	WED	THU	FRI	SAT	SUN
4:30 pm - 5:00 pm Little Dragons (4-6)	4:45 pm - 5:15 pm Little Dragons (4-6)	12:30 pm - 1:30 pm KickOut PD (Karate for Parkinson's)	4:30 pm - 5:00 pm Little Dragons and Tots (4-6)	4:00 pm - 4:30 pm Karate Tots (3)	9:30 am - 10:00 am Little Dragons (4-6)	9:00 am - 9:30 am Karate Tots (3)
5:15 pm - 6:15 pm Beginner/Novice Karate (7+)	5:15 pm - 6:15 pm Beginner/Novice Karate (7+)	4:30 pm - 5:00 pm Little Dragons (4-6)	5:15 pm - 6:15 pm Beginner Karate (7+)	4:30 pm - 5:00 pm Little Dragons (4-6)	10:15 am - 11:15 am Beginner/Novice Karate (7+)	9:45 am - 10:15 am Little Dragons I (4-6)
6:15 pm - 7:30 pm Intermediate & Advanced Karate (7+)	6:15 pm - 7:15 pm Intermediate and Advanced Karate (7+)	5:00 pm - 6:00 pm Beginner/Novice Karate (7+)	6:15 pm - 7:15 pm Novice/Intermediate Karate (7+)	5:15 pm - 6:15 pm Beginner-Intermediate Karate (7+)	11:15 am - 12:30 pm Int/Adv (7+) & Adult All Ranks Karate (7+ / 13+)	10:30 am - 11:00 am Little Dragons II (4-6)
	7:15 pm - 8:15 pm Competition Karate Kata Int/Adv and Elite (7+)	6:00 pm - 7:00 pm Competition Karate Beg/Nov (7+)	7:15 pm - 8:15 pm Competition Karate Kumite (7+)		12:30 pm - 1:30 pm KickOut PD (Karate for Parkinson's)	11:00 am - 12:00 pm Beginner/Novice Karate (7+)
		7:00 pm - 8:15 pm Int/Adv (7+) & Adult All Ranks Karate (7+ / 13+)				12:00 pm - 1:15 pm Int/Adv (7+) & Adult All Ranks Karate (7+ / 13+)

■ Karate Tots
 ■ Little Dragons
 ■ Youth Karate
 ■ Adult Karate
 ■ Competition Karate Kata
 ■ Kick Out PD
 ■ Competition Team

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