



Where You Can Expect the Best

FACILITY HOURS:

Monday - Friday 5:00 AM to 9:00 PM
Saturday 8:00 AM to 4:00 PM Closed Sunday

Time	MON	TUE	WED	THUR	FRI	SAT		
6:00 - 6:50 AM	ADULTS All Levels		ADULTS All Levels		ADULTS All Levels			
9:00 - 9:30 AM						BEG all ages		
9:30 - 9:50 AM							ADV all ages	
10:00 - 10:30 AM						All Ages All Levels		
10:30 - 10:50 AM								
11:00 - 11:50 AM						ADV Child*/ ADULTS All Levels		
Noon - 12:50 PM	ADULTS All Levels		ADULTS All Levels		ADULTS All Levels			
12:30-1:00 PM	Pre-School and Kindergarten	Pre-School and Kindergarten	Pre-School and Kindergarten	Pre-School and Kindergarten	Pre-School and Kindergarten			
4:00 - 4:50 PM	Afterschool		Afterschool		Afterschool		Afterschool	
	BEG 8 & under	ADV 8 & under	BEG 8 & under	ADV 8 & under	BEG 8 & under	ADV 8 & under	BEG 8 & under	ADV 8 & under
5:00 - 5:50 PM	Afterschool		Afterschool		Afterschool		Afterschool	
	BEG 8 & under	ADV 8 & under	BEG 8 & under	ADV 8 & under	BEG 8 & under	ADV 8 & under	BEG 8 & under	ADV 8 & under
6:00 - 6:50 PM	9 & Over All Levels	9 & Over All Levels	9 & Over All Levels	9 & Over All Levels	9 & Over All Levels			
7:00 - 8:00 PM	ADV Child*/ ADULTS All Levels	ADV Child*/ ADULTS All Levels	ADV Child*/ ADULTS All Levels	ADV Child*/ ADULTS All Levels	ADV Child*/ ADULTS All Levels			

* Instructor's permission required to attend for students under ten years old



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CLASS DESCRIPTIONS

KARATE Morning

Start your day with an intense workout! This class emphasizes technique, conditioning, self-defense and a strengthening of both mind and body. Improve your cardiovascular health, muscular coordination, agility, flexibility and confidence all before most people get out of bed!

KARATE ADULTS - All Levels

This class is right for the busy professional. Take a break from the hassles of the day and get a great workout! It runs at lunch time to best suit YOUR schedule.

KARATE - PRE-SCHOOL & KINDERGARTEN

This class gives your child the opportunity to participate in a class tailored specifically for their development stage in a smaller, age-specific group while still focusing on skills and fundamentals taught in our 50 minute karate class.

KARATE - Afterschool/8 & Under - Beginner

Children learn the basics of Karate, self-defense, listening skills, manners, body awareness and self-esteem all in a fun, structured environment.

KARATE - Afterschool/8 & Under - Advanced

Children learn advanced skills. Self-defense, listening skills, manners, body awareness and self-esteem reinforced to cultivate the best in your child!

KARATE - 9 & Over - All Levels

Children learn and improve basics of Karate, self-defense, listening skills, manners, body awareness and self-esteem all within a fun and exciting curriculum awareness geared toward pre-teens. Advanced students receive specialized instruction to improve their karate skills.

KARATE - Advanced Child/Adults - All Levels

Improve your cardiovascular health, muscular coordination, agility flexibility and confidence! This class is for the advanced children and those adults wishing to learn self-defense, physical training and mental discipline.