

**Karate (Shorei Goju Ryu)**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am	Adult White/Green		Adult White/Green			All ages, all belts
11:00am	Adult Blue/Black		Adult Blue/Black			Black Belt
4:30pm		Family White Belt		Family White Belt		
5:00pm	Family Class	Family Yellow/Green		Family Yellow/Green		
5:30pm	Adult Brown/Black		Adult Brown/Black			
5:45pm		Family Blue/Black		Family Blue/Black		
6:30pm	Adult - All Belts		Adult - All Belts			

**Karate Class Rotation**

Week #1	Kata/basic	Sparring	Self-defense	Kata/basic	Sparring	Self-defense
Week #2	Sparring	Self-defense	Kata/basic	Sparring	Self-defense	Kata/basic
Week #3	Self-defense	Kata/basic	Sparring	Self-defense	Kata/basic	Sparring

**Children with Down Syndrome**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am						DS Children

**Kickboxing**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am						Kickboxing
10:30am		Kickboxing		Kickboxing		
12:00pm	Kickboxing		Kickboxing			
4:30pm			Kickboxing		Kickboxing	
7:30pm	Kickboxing		Kickboxing			

Notes: New students may receive three free karate classes or one free kickboxing class.  
 Minimum age to attend adult karate class is 12 years old. Minimum age to attend kickboxing is 14 years old.  
 Safety equipment is required in karate classes from Green Belt and above.

**Executive Boxing with Mark Lemerick**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am -12pm						Open Gym
5:00pm		Boxing - All Ages		Boxing - All Ages		

All boxing sessions are 1.5 hours in length.

**Belly Dancing with Rosina Catalan**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm					Belly Dancing	