

Dojo Floor

Monday	Tuesday	Wednesday	Thursday	Saturday
4:30 Little Kickers	4:30 Beginners White-Yellow	4:30 Intermediate	4:30 Lil' Kickers	
5:00 Beginners White-Yellow	5:00 Little Kickers	5:15 Beginners White-Green	5:00 Advanced	
5:30 Beginners Orange-Green	5:30 Beginners Orange-Green	5:45 Lil' Kickers	5:30 Beginner White-Green	
6:00 Advanced	6:00 Sparring	6:15 Sparring	6:00 Intermediate	
6:45 Adult/Teen	6:30 Adult/Teen 7:15 Cardio Kickboxing	6:45 Adult/Teen	6:30 Adult/Teen 7:15 Black Belt	

Spring Floor

Monday	Tuesday	Wednesday	Thursday	Saturday
4:30 Weapons I	4:30 Competition Forms	4:30 Advanced	4:30 Competition Forms	9:00 am Lil' Kickers
5:00 Weapons II & III	5:15 Sport Karate Fundamentals	5:00 Weapons I	5:15 Sport Karate Fundamentals	9:30 All Belts
5:30 Intermediate	6:00 Tricking	5:30 Weapons II & III	6:00 Tricking	10:15 Open Mat
6:15 Black Belt	6:45 Team Conquer	6:00 Black Belt	6:30 TCII The Conquer Crew	11:00 Sparring
7:00-7:30 Sparring		6:45 Candidate Training	7:15 Flexibility and Conditioning	11:30-1:00 Candidate Training