

Dojo Floor

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

Spring Floor

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|-------------------------------|--------------------------------------|-------------------------------|--|--------------------------------|
| 4:30 Advanced | 4:30 Competition Forms | 4:30 Advanced | 4:30 Competition Forms | 9:00 am Lil' Kickers |
| 5:15 Weapons | 5:15 Sport Karate Fundamentals | 5:15 Weapons | 5:15 Sport Karate Fundamentals | 9:30 All Belts Class |
| 6:00 Black Belt | 6:00 Tricking | 6:00 Black Belt | 5:45 Tricking | 10:15 Open Mat |
| 6:45 Candidate Training | 6:45 Team Conquer | 6:45 Candidate Training | 6:15 Flexibility and Conditioning | 11:00 Sparring |
| | | | 6:45 Candidate Training | 11:30 Candidate Training |