

Karate Schedule – Starting September 9, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner Adults 12 – 1pm Beginner Teen 3 – 4pm Kids 4-6 yrs 6:30 – 7pm Youth 7-12 yrs 6:30 – 7:15pm Beginner Adults 7:30 – 9pm	Open Practice 10 – 11 am After School (7-12) 3 – 4pm Open Practice 6:30 – 7:30pm Beginner Adults 6:30 – 7:30pm Advanced Adults 7:30 – 9pm	Beginner Adults 12 – 1pm Beginner Teen 3 – 4pm Kids 4-6 yrs 6:30 – 7pm Youth 7-12 yrs 6:30 – 7:15pm Beginner Adults 7:30 – 9pm	Open Practice 10 – 11 am Para/Special Need 3:30 – 4:30pm Open Practice 6:30 – 7:30pm Beginner Adults 6:30 – 7:30pm Advanced Adults 7:30 – 9pm	Open Practice 11:30am – 12:30pm After School (7-12) 3 – 4pm Beginner Teen 6:30 – 7:30pm Advanced Adults 6:30 – 8:30pm Open Practice 7:30 – 9 pm	All levels Kumite 10:30am – 12pm Kids 4-6 yrs 10:30 – 11am Youth 7-12 yrs 11 – 11:45am

Art@ACT Schedule – Starting September 9, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Art 10am – 11:30am Adult Art 1 – 2:30pm		Adult Art 11am – 12pm Adult Art 3 – 4pm		Adult Art 11am – 12pm	Adult Art 3 – 4pm	

ACT+ Schedule – Starting September 9, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Martial Movements 11:30am – 12pm Alt Active 1 – 1:30 pm Martial Movements 7:30pm – 8pm	Alt Active 10 – 10:30 am Martial Movements 10:30am – 11am	Martial Movements 11:30am – 12pm Alt Active 1 – 1:30 pm Martial Movements 7:30pm – 8pm	Alt Active 10 – 10:30 am Martial Movements 10:30am – 11am	Martial Movements 11:30am – 12pm Alt Active 1 – 1:30 pm	