

## Karate Schedule – July 2 – August 2 & August 19 - 28 \*Through summer July 2 – Sept 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Summer Kids</b> 9:30 – 10:30am  <b>Beginner Adults</b> 12 – 1pm  <b>Beginner Teen</b> 3 – 4pm	<b>Open Practice</b> 10 – 11 am   <b>Kids 4-6 yrs</b> 6:30 – 7pm  <b>Youth 7-12 yrs</b> 6:30 – 7:15pm  <b>All levels Adults*</b> 7:30 – 9pm	<b>Summer Kids</b> 9:30 – 10:30am  <b>Beginner Adults</b> 12 – 1pm  <b>Beginner Teen</b> 3 – 4pm	<b>Open Practice</b> 10 – 11 am  <b>Para/Special Need</b> 3:30 – 4:30pm  <b>Kids 4-6 yrs</b> 6:30 – 7pm  <b>Youth 7-12 yrs</b> 6:30 – 7:15pm  <b>All levels Adults*</b> 7:30 – 9pm	<b>Summer Kids</b> 9:30 – 10:30am  <b>Open Practice</b> 11:30am – 12:30pm  <b>Beginner Teen</b> 6:30 – 7:30pm  <b>Advanced Adults &amp; Open Practice</b> 7:00 – 9:00pm	<b>All levels Kumite*</b> 10:30am – 12pm  <b>Kids 4-6 yrs</b> 10:30 – 11am  <b>Youth 7-12 yrs</b> 11 – 11:45am

## Art@ACT Schedule – July 2 – August 2 & August 19 - 28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Art</b> 10am – 11:30am  <b>Adult Art</b> 1 – 2:30pm	<b>Summer Kids</b> 10:30 – 11:30am	<b>Adult Art</b> 11am – 12pm  <b>Adult Art</b> 3 – 4pm	<b>Summer Kids</b> 10:30 – 11:30am	<b>Adult Art</b> 11am – 12pm	<b>Summer Kids</b> 10:30 – 11:30am  <b>Adult Art</b> 3 – 4pm	

## ACT+ Schedule – July 2 – August 2 & August 19 - 28

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