

Karate Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Women's MA 2:30 – 3:30 pm</p>	<p>Beginner Adult-T Open Practice-U 12:30– 1:30 pm</p> <p>Beginner Teen (13-17yr) 3 – 4pm</p> <p>Beginner (7-12yr) 4:30 – 5:15pm</p> <p>Kids 4-6 yrs -U 6:30 – 7pm</p> <p>Youth 7-12 yrs-T 6:30 – 7:15pm</p> <p>Beginner Adults 7:30 – 8:30pm</p>	<p>Open Practice-U 12:30– 1:30 pm</p> <p>Alt Active-T 1pm– 1:30 pm</p> <p>Beginner All Age 3 – 4pm</p> <p>Open Practice 6:30 – 7:30pm</p> <p>Martial Movement 6:30 – 7:15pm</p> <p>Advanced Adults 7:30 – 9pm</p>	<p>Women's MA 11 am – 12 pm</p> <p>Beginner Adult-T Open Practice-U 12:30– 1:30 pm</p> <p>Beginner Teen (13-17yr) 3 – 4pm</p> <p>Beginner (7-12yr) 4:30 – 5:15pm</p> <p>Kids 4-6 yrs -U 6:30 – 7pm</p> <p>Youth 7-12 yrs-T 6:30 – 7:15pm</p> <p>Beginner Adults 7:30 – 9pm</p>	<p>Open Practice-U 12:30– 1:30 pm</p> <p>Alt Active-T 1pm– 1:30 pm</p> <p>Special Need 3:30 – 4:30pm</p> <p>Beginner (7-12yr) 4:30 – 5:15pm</p> <p>Open Practice 6:30 – 7:30pm</p> <p>Martial Movement 6:30 – 7:15pm</p> <p>Advanced Adults 7:30 – 9pm</p>	<p>Beginner Adult-T Open Practice-U 12:30– 1:30 pm</p> <p>Beginner Teen (13-17yr) 3 – 4pm</p> <p>Beginner All Age 4:30 – 5:15pm</p> <p>Beginner Teen 6:30 – 7:30pm</p> <p>Open Practice Advanced Adults 7pm – 9pm</p>	<p>All levels Kumite 10:30am – 12pm</p> <p>Kids 4-6 yrs 10:30 – 11am</p> <p>Youth 7-12 yrs 11 – 11:45am</p>

T=Tasaki Room U= Umetsu Room