

CHAMPION KARATE & FITNESS CLASS SCHEDULE STARTS 8/5/19

***REMINDER YOU MUST OWN CKF APPROVED GEAR TO ATTEND KUMITETEAM CLASS. SEE DESK FOR INFO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 TO 5 CAMP CHAMP KARATE SABRINA/ SARA	4 TO 5 CAMP CHAMP kid fit SABRINA	4 TO 5 CAMP CHAMP KARATE SABRINA/ SARA	4 TO 5 CAMP CHAMP kid fit SABRINA	4 TO 5 CAMP CHAMP OPEN DOJO - ASP STAFF	10:30 AM TO 11:30 AM FAMILY KARATE BILL/ THILEE/ SABRINA
5 TO 6 YOUTH Karate SABRINA	5 TO 6 Youth ALL - DARIEN/ SABRINA	5 to 6 FAMILY Karate SABRINA/ DARIEN	5 TO 6 Youth ALL SABRINA/ DARIEN	5 TO 6 KINDER KARATE SABRINA	
5:30 to 6 Lil' Dragons SARA	6 TO 7 Family Cardio Kickboxing SABRINA/ SENSEI	6 to 6:30 Lil' Dragons SABRINA	6 TO 7 REDBROWN BLACK BELTS SENSEI	6 TO 7 *SPARRING SABRINA	
6 to 7 Kinder Karate SARA	7 TO 8 KUMITE SENSEI	6 to 7 Kinder Karate SARA/ DARIEN	7 TO 8 BLACK BELT MASTERS CLUB SENSEI		
7 to 8 CARDIO/SPARRING* SABRINA		6:30 to 7 MASTERS KATA			
7 TO 8 Teen Adult Karate BILL		7 TO 8 Teen Adult Karate SENSEI			

REMINDER WEAPONS, MASTERS, TEAM & CARDIO CLASSES ARE ADD ON CLASSES AND ARE NOT INCLUDED IN THE REGULAR KARATE PROGRAMS. SEE THE DESK STAFF TO UPGRADE.