

## CHAMPION KARATE CLASS SCHEDULE EFFECTIVE SEPTEMBER 1ST 2021

*BECAUSE OF CONTINUED COVID CONCERNS: REMEMBER TO ARRIVE TO CLASS DRESSED IN YOUR UNIFORM. LOCKER ROOMS WILL BE CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE. YOU WILL BE ASKED TO TAKE YOUR TEMPERATURE AND TO SANITIZE YOUR HANDS UPON ARRIVAL. FACEMASKS ARE PERMITTED IF YOU WANT TO WEAR IT TO CLASS. YOU COULD BE ASKED TO LEAVE CLASS IF YOU SHOW ANY POSSIBLE SYMPTOMS OF ILLNESS*

**SOME CLASSES NOW END 5 MINUTES EARLY TO ALLOW TIME TO SANITIZE AND CLEAR THE STUDIO BEFORE THE NEXT CLASS.**

**CLASS AGES: LIL' DRAGONS UNDER 4 YEARS OLD - KINDER 4 TO 6 YR OLD - YOUTH 7 TO 12 YR OLD - TEEN 13 TO 16 - ADULT 17 TO 99+**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				4 TO 4:55 KINDER	
5:30 TO 6PM LIL' DRAGON	5 TO 5:55 YOUTH	5 TO 5:55 KINDER	5 TO 5:55 YOUTH	5 TO 5:55 YOUTH	
6 TO 6:55 YOUTH	6 TO 6:55 KINDER	6 TO 6:55 YOUTH	6 TO 6:30 LIL' DRAGON	*CARDIO KICKBOXING 6PM TO 7PM (PACKAGE A, CARDIO ADD ON OR CARDIO ENROLLMENT NEEDED TO ATTEND)	
7 to 8 TEEN/ADULT		7 to 8 TEEN/ADULT	*KUMITE 6:30 TO 7:30 (PACKAGE A OR KUMITE ADD ON STUDENTS ONLY)		

*\*YOU MUST BE ENROLLED IN "PACKAGE A" OR PURCHASE AN ADD-ON TO ATTEND KUMITE & KICKBOXING*