

CLASS SCHEDULE EFFECTIVE 9/6/23

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 - ALL KARATE IS A MIXED AGE CLASS FOR KINDER,YOUTH,TEEN AND ADULT AGES (NO DRAGONS)THIS CLASS WILL BE DIVIDED UP BASED ON THAT WEEKS CIRRICULUM AND WHO COMES THAT DAY; CAMP CHAMP CLASSES ARE FOR OUR ASP STUDENTS (SEE FRONT DESK FOR GROUP ASSIGNMENTS) , IN ALL KUMITE CLASSES STUDENTS MUST PURCHASE PROPER SAFETY EQUIPMENT FROM THE FRONT DESK. (SEE INSTRUCTOR FOR DETAILS)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| CAMP CHAMP KARATE CLASS <u>GROUP B</u> 3:45PM TO 4:30PM | CAMP CHAMP KARATE CLASS <u>GROUP A</u> 3:45PM TO 4:30PM | CAMP CHAMP KARATE CLASS <u>GROUP B</u> 3:15PM TO 4PM | CAMP CHAMP KARATE CLASS <u>GROUP A</u> 3:45PM TO 4:30PM | |
| | CAMP CHAMP KID FIT <u>GROUP B</u> CLASS 3:45PM TO 4:15PM | CAMP CHAMP KID FIT <u>GROUP A</u> CLASS 3:30PM TO 4PM | CAMP CHAMP KID FIT CLASS <u>GROUP B</u> 4PM TO 4:30PM | CAMP CHAMP KID FIT CLASS <u>GROUP A</u> 4PM TO 4:30PM |
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| CAMP CHAMP KID FIT <u>GROUP C</u> CLASS 5:15PM TO 5:45PM | | 4PM TO 5PM KINDER | <u>INTRO TO KUMITE</u> 4:30PM TO 5PM <u>FREE ADD-ON</u> WITH REG PAID <u>TUITION</u> , NEED SAFETY EQUIP | 4:30 TO 5:30 KINDER |
| 5 TO 5:55 KINDER | 5PM TO 5:30 LIL' DRAGON | 5PM TO 6PM YOUTH | 5 TO 6 (CAMP CHAMP KARATE GROUP-C) | 5:30 TO 6:30 YOUTH |
| 6 TO 6:55 YOUTH | 5:30 TO 6:30 ADVANCED CLASS (SOLID PURPLE THRU BLACK BELT) | <u>KUMITE</u> 6PM TO 7PM (NEED SAFETY EQUIPMENT)(SEE YOUR INSTRUCTOR TO ATTEND) | 5 TO 5:55 YOUTH | 5:30 TO 6:30 (CAMP CHAMP KARATE GROUP-C) |
| 7 to 8 TEEN/ADULT | <u>*ADVANCED KUMITE</u> 6:30PM TO 7:30PM (PACKAGE A OR KUMITE ADD ON STUDENTS ONLY) | 7 to 8 TEEN/ADULT | 6 TO 6:30 LIL' DRAGON | <u>*CARDIO KICKBOXING</u> ADD ON 6:30PM TO 7:30PM (PACKAGE A, CARDIO ADD ON OR CARDIO ENROLLMENT NEEDED TO ATTEND) |

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