

CHAMPION KARATE & FITNESS CLASS SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 TO 5 CAMP CHAMP kid fit	4 TO 5 CAMP CHAMP KARATE	4 TO 5 CAMP CHAMP kid fit	4 TO 5 CAMP CHAMP KARATE	5 TO 6 KINDER KARATE	10:30 AM TO 11:30 AM FAMILY KARATE
5 TO 6 FAMILY Karate	5 TO 6 Youth ALL	5 to 6 FAMILY Karate	5 TO 6 Youth ALL	6 TO 7 *KUMITE	
6 TO 7 Family Cardio Kickboxing	5:30 to 6 Lil' Dragons	6 to 7 Family Cardio Kickboxing	6 TO 6:30 MASTERS KATA CLASS		
7 TO 8 FAMILY KARATE	6 to 7 Kinder Karate	7 to 8 COMPETITION *TEAM	6 TO 7 Kinder Karate		
7 to 8 COMPETITION *TEAM	6 to 7 MASTERS CLASS	8 TO 9 RED BROWN BLACK BELTS	6:30 to 7 Lil' Dragons		
	7 to 8 *KUMITE		7 TO 8 Teen Adult Karate		

LIL' DRAGONS: AGES 3 & UNDER; KINDER AGES 4 TO 6; YOUTH AGES 7 TO 12; TEEN/ADULT AGES 13 & UP; FAMILY AGES 6 AND UP

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.