

CLASS SCHEDULE (EFFECTIVE 8/1/2024)

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 - 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
CAMP CHAMP KID FIT <u>GROUP C</u> CLASS 5:15PM TO 5:45PM	5 TO 5:30 LIL' DRAGON	4PM TO 5PM KINDER	5 TO 5:30 LIL' DRAGON	4:30 TO 5:30 KINDER
5 TO 5:55 KINDER	5:30 TO 6PM * CARDIO KICKBOXING ADVANCED ADD-ON	5PM TO 6PM YOUTH	5:30PM TO 6:30PM (CAMP CHAMP KARATE GROUP-C)	5:30 TO 6:30 (CAMP CHAMP KARATE GROUP-C)
6 TO 6:55 YOUTH	6PM TO 7PM ADVANCED CLASS (SOLID PURPLE THRU BLACK BELT) W/SENSEI	KUMITE (SPARRING) 6PM TO 7PM (NEED SAFETY EQUIPMENT) (SEE YOUR INSTRUCTOR TO ATTEND)	5:30 TO 6:30 YOUTH	5:30 TO 6:30 YOUTH
7 to 8 TEEN/ADULT	<u>ADVANCED KUMITE</u> 7PM TO 8PM (<u>SOLID PURPLE THRU BLACK BELT STUDENTS ONLY</u>) W/SENSEI	7 to 8 TEENADULT	* <u>COMPETITION CLASS</u> (NEED SAFETY EQUIP) 6:30PM TO 7:30PM	6:30 TO 7:30PM * CARDIO KICKBOXING ALL ADD-ON

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