

STERLING MARTIAL ARTS - CLASS SCHEDULE

September 5, 2023 – June 15, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids 1 4:30-5:30	Little Samurai 4:00-4:45pm	Kids 1 4:30-5:30	Kids 1 4:30-5:30		
Kids 2 5:40-6:40	Little Samurai 5:00-5:45	Kids 2 5:40-6:40	Kids 2 5:40-6:40		Open Class 10:00-11:00am
Teen/Adult 6:50-7:50	Team 6:00-7:30	Advanced Class Brown & Black Belts Only 6:50-7:50pm	Teen/Adult 6:50-7:50		
	Teen/Adult 7:40-8:40				

Class Descriptions

Little Samurai: A 45-minute, once/week class for preschool age children (3 - 5) that combines karate and basic gymnastics skills.

Kids 1: White, Yellow, and Orange Belts ages 5 ½ - 9

Kids 2: Blue Belt and up ages 5 1/2 - 12
Ages 10-12 White, Yellow, Orange

Teens/Adults: Ages 13 and up all ranks

Open Class (Saturday): For all ages and ranks.

Important Note: Classes are somewhat flexible, and students may be moved into a different class if deemed appropriate by the instructor.