

## 2024 SUMMER CLASS SCHEDULE (EFFECTIVE 5/28/2024)

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 - 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 CURRICULUM AND WHO COMES THAT DAY; CAMP CHAMP CLASSES ARE FOR OUR SUMMER CAMP 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
9AM TO 9:30AM <u>CAMP CHAMP KARATE REVIEW</u> GROUP A-B-C	8:30 TO 9AM <u>CAMP CHAMP JAPANESE TERMINOLOGY</u> LESSON	CAMP CHAMP KARATE CLASS <u>GROUP B:</u> FLOORS 1 AND 2- 2PM TO 2:45PM	9AM TO 9:30AM <u>CAMP CHAMP KARATE REVIEW</u> GROUP A-B-C	CAMP CHAMP KARATE CLASS <u>GROUP B:</u> FLOORS 1 AND 2- 3PM TO 3:45PM
		CAMP CHAMP KARATE CLASS <u>GROUP A:</u> FLOOR 1- 3PM TO 3:45PM		CAMP CHAMP KARATE CLASS <u>GROUP A:</u> FLOOR 1- 3:45PM TO 4:30PM
		CAMP CHAMP KARATE CLASS <u>GROUP C:</u> FLOOR 2- 3PM TO 3:45PM		CAMP CHAMP KARATE CLASS <u>GROUP C:</u> FLOOR 2- 3:45PM TO 4:30PM
		4PM TO 5PM <b>KINDER</b>		
5 TO 5:55 <b>KINDER</b>	5 TO 5:30 <b>LIL' DRAGON</b>	5PM TO 6PM YOUTH	5 TO 5:30 <b>LIL' DRAGON</b>	4:30 TO 5:30 <b>KINDER</b>
6 TO 6:55 <b>YOUTH</b>	5:30 TO 6:30 <b>ADVANCED CLASS (SOLID PURPLE THRU BLACK BELT)</b> <u>SENSEI</u>	KUMITE ALL 6PM TO 7PM (NEED SAFETY EQUIPMENT)(SEE YOUR INSTRUCTOR TO ATTEND)	5:30 TO 6:30 <b>YOUTH</b>	5:30 TO 6:30 <b>YOUTH</b>
7 to 8 <b>TEEN/ADULT</b>	* <u>ADVANCED KUMITE</u> 6:30PM TO 7:30PM (PACKAGE A OR KUMITE ADD ON STUDENTS ONLY) <u>SENSEI</u>	7 to 8 <b>TEENADULT</b>	* <u>COMPETITION CLASS</u> (NEED SAFETY EQUIP) 6:30PM TO 7:30PM	* <u>CARDIO KICKBOXING</u> ADD ON 6:30PM TO 7:30PM (CARDIO ENROLLMENT NEEDED TO ATTEND)

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