

## FALL/WINTER 2025 CLASS SCHEDULE EFFECTIVE 7/31/2025

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 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
CAMP CHAMP KARATE CLASS <u>GROUP B</u> 3:45PM TO 4:30PM	CAMP CHAMP KARATE CLASS GROUP A 3:45PM TO 4:30PM	CAMP CHAMP KARATE CLASS GROUP B 3:15PM TO 4PM	CAMP CHAMP KARATE CLASS GROUP A 3:45PM TO 4:30PM	CAMP CHAMP KID FIT CLASS GROUP A 3:45PM TO 4:15PM
	CAMP CHAMP KID FIT GROUP B CLASS 3:45PM TO 4:15PM	CAMP CHAMP KID FIT GROUP A CLASS 3:30PM TO 4PM	CAMP CHAMP KID FIT CLASS GROUP B 4PM TO 4:30PM	
5 TO 5:55 <b>KINDER</b>	5 TO 5:30 <b>LIL' DRAGON</b>	4PM TO 5PM <b>KINDER</b>	5 TO 5:30 <b>LIL' DRAGON</b>	CAMP CHAMP KID FIT GROUP C CLASS 5:15PM TO 5:45PM
6PM TO 6:55PM (CAMP CHAMP KARATE GROUP-C)	5PM TO 6PM * <b>CARDIO KICKBOXING ADD-ON</b>	5PM TO 6PM YOUTH	5:30PM TO 6:30PM (CAMP CHAMP KARATE GROUP-C)	4PM TO 5PM <b>YOUTH</b>
6 TO 6:55 <b>YOUTH</b>	6PM TO 7PM <b>ADVANCED CLASS (SOLID PURPLE THRU BLACK BELT) W/SENSEI</b>	BEGINNER/NOVICE KUMITE 6PM TO 7PM (NEED SAFETY EQUIPMENT)(SEE YOUR INSTRUCTOR TO ATTEND)	5:30 TO 6:30 <b>YOUTH</b>	5PM TO 6PM <b>KINDER</b>
7 to 8 TEEN/ADULT	<u>INT/ADV KUMITE 7PM TO 8PM (SOLID PURPLE THRU BLACK BELT STUDENTS ONLY) W/SENSEI</u>	7 to 8 TEENADULT	<u>*NATIONAL TEAM COMP CLASS (BY INVITE ONLY)</u> 6:30PM TO 7:30PM	

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