

FALL/WINTER 2025 CLASS SCHEDULE EFFECTIVE 8/4/2025

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 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

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