

Dojo Floor

Monday	Tuesday	Wednesday	Thursday	Saturday
4:30 Intermediate Advanced	4:30 Lil' Kickers	4:30 Intermediate	4:30 Lil' Kickers	
5:15 Lil' Kickers	5:00 Beginner White-Yellow	5:15 Beginners White-Green	5:00 Beginner White-Green	
5:45 Beginners White-Yellow	5:30 Beginner Orange-Green	5:45 Lil' Kickers	5:30 Intermediate	
6:15 Beginners Orange-Green	6:00 Sparring	6:15 Sparring	6:00 Advanced	
6:45 Adult/Teen	6:30 Adult/Teen 7:15 Cardio Kickboxing	6:45 Adult/Teen	6:30 Adult/Teen 7:15 Black Belt	

Spring Floor

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00 Rec Dept Lil' Kickers	4:30 Competition Forms	4:00 Rec Dept Lil' Kickers	4:30 Competition Forms	9:00 am Rec Dept Beginners
4:30 Rec Dept Beginners	5:15 Sport Karate Fundamentals	4:30 Rec Dept Beginners	5:15 Sport Karate Fundamentals	9:30 Kickers and Rec Kickers
5:15 Weapons	6:00 Tricking	5:15 Weapons	6:00 Tricking	10:00 All Belts
6:00 Sparring	6:45 Team Conquer	6:00 Advanced	6:30 TCII The Conquer Crew	10:45 Open Mat
6:45 Black Belt		6:45 Black Belt	7:15 Flexibility and Conditioning	11:30 Sparring

Spring Floor

Monday	Tuesday	Thursday	Friday
12:30 All Belts Class	12:30 All Belts Class	12:30 All Belts Class	12:30 All Belts Class
1:15 Action Design	1:15 Sparring	1:15 Tricking	1:15 Weapons
2:00-2:30 Open Mat	1:45-2:30 Open Mat	1:45-2:30 Open Mat	1:45-2:30 Open Mat