

# GOJU KARATE

# Combined Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Dojo Closed - No Classes						
7 AM		Dojo Opens 7AM 7:15AM General Class [All Adults]	Dojo Opens 7AM 7:15AM General Class [All Adults]	Dojo Opens 7AM 7:15AM General Class [All Adults]	Dojo Opens 7AM 7:15AM General Class [All Adults]	Dojo Opens 7AM 7:15AM General Class [All Adults]	
8 AM		8:15AM Kumite [Adults 4th Kyu+]		8:15AM Kumite [Adults 4th Kyu+]			
9 AM							Dojo Opens 9AM 9:15AM Kids + Parents [All Kids + Adults]
10 AM		10AM General Class [All Adults]	9:30AM Pre-Karate [Kids; Invite Only] 10AM Pre-Karate [Kids; Invite Only]	9:30AM Pre-Karate [Kids; Invite Only] 10AM Pre-Karate [Kids; Invite Only]		10AM General Class [All Adults]	10AM General Class [Kids 7+]
11 AM							11AM General Class [All Adults]
11 AM		11:15AM Pre-Karate [Kids 3 1/2 - 4 1/2]		11:15AM Pre-Karate [Kids 3 1/2 - 4 1/2]			
Noon		12:15PM General Class [All Adults]	12:15PM General Class [All Adults]	12:15PM General Class [All Adults]		12:15PM General Class [All Adults]	12PM Endurance Class [All Adults]
1 PM				1:15PM Kumite [Adults 4th Kyu+]		1:15PM Kata Class [Adults 9th Kyu+]	
2 PM			1:45PM General Class [Students with Special Visual Needs]		1:45PM General Class [Students with Special Needs]		
3 PM		3PM General Class [Kids 4-6]	3PM General Class [Kids 7-11]	3PM General Class [Kids 4-6]		3PM General Class [Kids 7-11]	
4 PM		4PM General Class [Kids 7-11]	4PM General Class [Kids 4-6]	4PM General Class [Kids 7-11]	4PM General Class [Kids 7-11]	4PM General Class [Kids 4-6]	
5 PM		5PM Olympic Training [Invite Only]	5PM General Class [Kids 12+]	5PM General Class [Kids 12+]	5PM General Class [Kids 12+]	5PM General Class [Kids 12+]	
6 PM		6:15PM General Class [White Belt]	6:15PM Endurance Class [All Adults]	6:15PM General Class [All Adults]	5:45PM Kids Kumite [Kids 7+, 4th Kyu+] 6:15PM General Class [All Adults]	6:15PM General Class [White Belt]	
7 PM		7:15PM General Class [8th Kyu+]	7PM General Class [All Adults]	7:15PM Meditation [All Adults]	8PM Kumite [Adults 4th Kyu+]	7:15PM General Class [8th Kyu+]	
8 PM							
9 PM		8:30PM Kumite [Adults 4th Kyu+]					
10 PM							