

Class Schedule

GOJU KARATE

SUNDAY

Dojo Closed

MONDAY

5:30PM
Monday

One Hour

General Class
All Ranks / Teens

6:30PM
Monday

45 mins

**Endurance / Self
Defense / Kumite**
All Ranks / All Divisions

7:15PM
Monday

One Hour

General Class
All Ranks / Adults

8:15PM
Monday

45 mins

General Class
10th Kyu Only / Adults

TUESDAY

Dojo Closed

WEDNESDAY

5:00PM
Wednesday

One Hour

General Class
All Ranks / Teens

6:15PM
Wednesday

45 Minutes

**Kata/ Endurance /
Techniques Class**
All Ranks / All Divisions

7:15PM
Wednesday

One Hour

General Class
All Ranks / Adults

THURSDAY

12:00PM
Thursday

90 Minutes

General Class
Special Needs Students

FRIDAY

12:00PM
Friday

45 Minutes

Kata Class
All Ranks / All Divisions

12:45PM
Friday

One Hour

General Class
All Ranks / Adults

SATURDAY

11:00AM
Saturday

One Hour

General Class
All Ranks / Teens

12:00PM
Saturday

45 Minutes

**Endurance / Kata /
Techniques /
Meditation Class**
All Ranks / All Divisions

12:30PM
Saturday

One Hour

General Class
All Ranks / Adults

1:30PM
Saturday

45 Minutes

General Class
10th Kyu Only / Adults