

GOJU KARATE

Adults 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
10 AM		10AM General Class [All Adults]				10AM General Class [All Adults]	
11 AM							11AM General Class [All Adults]
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							
4 PM							
5 PM							
6 PM		6:15PM General Class [White Belt]	6:15PM Endurance Class [All Adults]	6:15PM General Class [All Adults]	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		8:30PM Kumite [Adults 4th Kyu+]					
9 PM							
10 PM							