



KARATE INSTITUTE

WEEKLY CLASS SCHEDULE

(EFFECTIVE 1/1/2012)



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 – 10:30 AM						
10:30 – 11:15 PM						BBC Weapons Class 11:00 – 12:00 pm
11:15 – 12:00 PM						Team KIXXX 12:15 – 1:45 pm
1:45 - 3:45 PM						Demo Team Practice
4:00 - 4:30 PM						Lil' Dragon Demo Team
4:00 - 6:00 PM						Birthday Parties
5:15 - 6:00 PM	JW – Novice A	JW – Novice A	JW – Novice B	JW – Novice B		
6:00 - 6:30 PM	Lil' Dragons - A	Lil' Dragons - A	Lil' Dragons - B	Lil' Dragons - B	Family Class All Ranks	
6:00 - 6:45 PM	JW – Advance – A	JW – Advance – A	JW – Advance – B	JW – Advance - B	Family Class (All Ages, All Ranks)	
7:00 - 7:45 PM	Adult/Teen - Novice	Adult/Teen - Novice	Brown & Black Belts Class SWAT & Instructors Class	Adult/Teen - Novice	Black Belt Club	
7:00 – 7:45 PM	Team Revo				Tai Chi 7:00 - 8:00 pm	
7:45 - 8:45 PM	Adult/Teen - Green, Int. & Adv.	Adult/Teen - Green, Int. & Adv.		Adult/Teen - Green, Int. & Adv.	Chinese Forms 8:00 – 9:00 pm	
8:00 - 8:45 PM		Black Belt Class		Black Belt Class		
8:45 - 9:15 PM	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	



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