

Monday & Tuesday: Curriculum A
 Wednesday & Thursday: Curriculum B
 Friday: Review & Varied
 Saturday: Sparring & Fitness

Karate Institute Summer Schedule

Effective Date:
 June 11, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 10:30 am		Lil' Dragons		Lil' Dragons		
10:30-11:15 AM		Nov. Family Class All Ages & Ranks		Nov. Family Class All Ages & Ranks		Lil' Dragons Demo Team 10:30 - 11 am
11:15 - 12:00 AM		All Int., Adv. And Black Belts		All Int., Adv. And Black Belts		BBC Weapon 11:15 am - 12:15 pm
12:15 to 1:15 PM						Team KIXXX 12:15 - 1:15 pm
1:45 - 3:45 pm						KI Demo Team 1:45-3:45 PM
5:15-6:00 PM	Nov. Jr. Warriors	Nov.. Jr. Warriors	Nov. Jr. Warriors	Nov. Jr. Warriors		KI Birthday Parties 4 - 6 pm.
6:00 - 6:30 PM	Lil' Dragons	Lil' Dragons	Lil' Dragons	Lil' Dragons		
6:00-6:45 PM	Adv. Jr. Warriors	Adv. Jr. Warriors JW Black Belts	Adv. Jr. Warriors	Adv. Jr. Warriors JW Black Belts	Family Class All Ages All Ranks	
7:00-7:45 PM	Adult-Teen Novice	Adult-Teen Novice	7:00-8:00 PM Brown & Black Belts SWAT & Instructors Class	Adult-Teen Novice	Black Belt Club	
7:30-8:30 PM	Team KIXXX	Team KIXXX Jr. Black Belts			Tai Chi	
8:30 - 9:30 PM	Adult-Teen Int. and Adv.	Adult-Teen Int. and Adv.		Adult-Teen Int. and Adv.	Chinese Weapons	
7:45-8:45 PM		Black Belt Class		Black Belt Class		
8:30—9:30 PM	Open Mat	Open Mat	Open Mat	Open Mat		

Monday & Tuesday: Curriculum A
 Wednesday & Thursday: Curriculum B
 Friday: Review and Variation
 Saturday: Sparring and Fitness

Karate Institute Summer Schedule

Phone:951-0463

Web:MentorKarate.com

Effective:
 June 7th, 2008

TIME / MAT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 10:30 AM		Lil' Dragons		Lil' Dragons		
10:30-11:15 AM		Family Class All Ages & Ranks		Family Class All Ages & Ranks		Family Class Sparring - Fitness
11:15 - 12:00 (Noon)		All Int., Adv. and Black Belts		All Int., Adv. and Black Belts		Team: KIXXX Competition Team
12:00 - 1:00 PM						BBC Weapons Class
4:30 - 5:00 PM	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	KI Demo Team 1:30 - 3:30 pm
5:15-6:00 PM	Nov. Junior Warriors	Nov. Junior Warriors	Nov. Junior Warriors	Nov. Junior Warriors		Team Lil' Dragons 3:30 - 4:00 PM
6:00 - 6:30 PM	Lil' Dragon	Lil' Dragon	Lil' Dragon	Lil' Dragon		
6:00-6:45 PM	Adv. Jr. Warriors	Adv. Jr. Warriors JW Black Belts	Adv. Jr. Warriors	Adv. Jr. Warriors JW Black Belts	Family Class All Ages All Ranks	NOTE: There will be no karate classes on Saturday when there is a Color Belt Test. Check Monthly Calendar
7:00-7:45 PM	Adult-Teen Novice	Adult-Teen Novice	7:00-8:00 PM Brown & Black Belts, SWAT & Instructors Class	Adult-Teen Novice	Black Belt Club All Members 1st through 3rd Friday	
7:00 -8:00 pm		Cardio Fitness Kickboxing		Cardio Fitness Kickboxing	CardioKarate Fitness Kickboxing	
7:45-8:45 PM	Adult-Teen Int. and Adv.	Adult-Teen Int. and Adv.		Adult-Teen Int. and Adv.		
7:45-8:45 PM		Black Belt Class		Black Belt Class		
8:30 - 9:30 PM	Tai Chi	Open Mat	Open Mat	Open Mat	Tai Chi	

Monday & Tuesday: Curriculum A
 Wednesday & Thursday: Curriculum B
 Friday: Review & Varied
 Saturday: Sparring & Fitness

Karate Institute Summer Schedule

Phone:951-0463

Web:MentorKarate.com

June 15th, 2009

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:15 am		Nov. Family Class All Ages & Ranks		Nov. Family Class All Ages & Ranks		
10:15 - 11:00 am		Int & Adv. Family Class All Ages & Ranks		Int & Adv. Family Class All Ages & Ranks		Sparring and Fitness 10:00 - 10:45 am
10:45 - 11:45 am						Team KIXXX Competition Team
11:45 am - 12:45 pm		Lil' Dragons 11:00 - 11:30 am		Lil' Dragons 11:00 - 11:30 am		BBC Weapons Class
4:15- 5:00 pm	Open Mat		Open Mat			Team KIXXX Competitive Demo Team: 12:45 - 1:45 pm
5:15-6:00 pm	Nov. Jr. Warriors	Nov. Jr. Warriors	Nov. Jr. Warriors	Nov. Jr. Warriors		KI Demo Team 1:45 - 2:45 PM
6:00 - 6:30 pm	Lil' Dragons	Lil' Dragons	Lil' Dragons	Lil' Dragons		KI Black Belt Demo Team 2:45 - 4:00 pm
6:00-6:45 pm	Adv. Jr. Warriors	Adv. Jr. Warriors JW Black Belts	Adv. Jr. Warriors	Adv. Jr. Warriors JW Black Belts	Family Class All Ages All Ranks	Lil' Dragon Team 4:00 - 4:30 pm
7:00-7:45 pm	Adult-Teen Novice	Adult-Teen Novice	7:00-8:00 PM Brown & Black Belts Leadership Team	Adult-Teen Novice	Black Belt Club All Members 1st through 3rd Friday	NOTE: There will be no karate classes on Saturday when there is a Color and Senior Belt Tests. Check Monthly Calendar
7:30 - 8:30 pm					Tai Chi	
7:45-8:45 pm	Adult-Teen Int. and Adv.	Adult-Teen Int. and Adv.		Adult-Teen Int. and Adv.		
7:45-8:45 pm		Black Belt Class		Black Belt Class		
8:30—9:30 pm	Open Mat	Open Mat	Open Mat	Open Mat		

Monday & Tuesday: Curriculum A
 Wednesday & Thursday: Curriculum B
 Friday: Review & Varied
 Saturday: Sparring & Fitness

Karate Institute Summer Schedule

Phone:951-0463

June 15th, 2009

www.MentorKarate.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:15 am		Nov. Family Class All Ages & Ranks		Nov. Family Class All Ages & Ranks		
10:15 - 11:00 am		Int & Adv. Family Class All Ages & Ranks		Int & Adv. Family Class All Ages & Ranks		Sparring and Fitness 10:00 - 10:45 am
10:45 - 11:45 am						Team KIXXX Competition Team
11:45 am - 12:45 pm		Lil' Dragons 11:00 - 11:30 am		Lil' Dragons 11:00 - 11:30 am		BBC Weapons Class
4:15- 5:00 pm	Open Mat		Open Mat			Team KIXXX Competitive Demo Team: 12:45 - 1:45 pm
5:15-6:00 pm	Nov. Jr. Warriors	Nov. Jr. Warriors	Nov. Jr. Warriors	Nov. Jr. Warriors		KI Demo Team 1:45 - 2:45 PM
6:00 - 6:30 pm	Lil' Dragons	Lil' Dragons	Lil' Dragons	Lil' Dragons		KI Black Belt Demo Team 2:45 - 4:00 pm
6:00-6:45 pm	Adv. Jr. Warriors	Adv. Jr. Warriors JW Black Belts	Adv. Jr. Warriors	Adv. Jr. Warriors JW Black Belts	Family Class All Ages All Ranks	Lil' Dragon Team 4:00 - 4:30 pm
7:00-7:45 pm	Adult-Teen Novice	Adult-Teen Novice	7:00-8:00 PM Brown & Black Belts Leadership Team	Adult-Teen Novice	Black Belt Club All Members 1st through 3rd Friday	NOTE: There will be no karate classes on Saturday when there is a Color and Senior Belt Tests. Check Monthly Calendar
7:30 - 8:30 pm					Tai Chi	
7:45-8:45 pm	Adult-Teen Int. and Adv.	Adult-Teen Int. and Adv.		Adult-Teen Int. and Adv.		
7:45-8:45 pm		Black Belt Class		Black Belt Class		
8:30—9:30 pm	Open Mat	Open Mat	Open Mat	Open Mat		