

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****SUNDAY****7am -8am.
Adult Karate
Dojo/Zoom****7am -8am.
Adult Karate
Dojo/Zoom****10am-10:45
Tots Class
4 years old
Dojo Only****10am-10:45
Kata Class
Dojo/Zoom****12pm -1pm.
Adult Karate
Dojo/Zoom****12pm -1pm.
Adult Karate
Dojo/Zoom****11am - 11:45am
Kids Karate
White Belt
Dojo Only****11am-12pm
Sparring Techniques
Dojo/Zoom****4:15pm - 5pm
Kids Karate
White & Blue
Dojo Only****4:15pm - 5pm
Kids Karate
Blue & Yellow.
Dojo/Zoom****4:15pm - 5pm
Kids Karate
White & Blue
Dojo Only****4:15pm - 5pm
Kids Karate
Blue & Yellow.
Dojo/Zoom****4:15pm - 5:15pm
Kids & Adults
All Levels.
Outdoor Class****12pm - 12:45 pm
Kids Karate
Blue & Yellow
Dojo Only****5:15pm-6pm
Kids Karate.
Yellow-Orange-Green.
Dojo Only****5:15pm - 6pm
Kids Karate.
Orange Green&Brown.
Dojo/Zoom****5:15pm-6pm
Kids Karate.
Yellow-Orange-Green.
Dojo Only****5:15pm - 6pm
Kids Karate.
Orange Green&Brown.
Dojo/Zoom****1pm - 1:45 pm
Kids Karate
Orange & Green.
Dojo Only****6:15pm-7pm
Kids Karate
High Green-Brown.
Dojo Only****6:15pm - 7pm
Kids Karate.
White Belt
Dojo/Zoom****6:15pm-7pm
Kids Karate
High Green-Brown.
Dojo Only****6:15pm - 7pm
Kids Karate.
White Belt
Dojo/Zoom****2pm - 2:45pm
Kids Karate
Brown Belt
Dojo Only****5pm-6:30pm
Dutch Kickboxing****7:15pm - 8:15pm.
Adult Karate.
Dojo/Zoom****7:15pm-8pm
Youth
Dutch Kickboxing****7:15pm - 8:15pm.
Adult Karate
Dojo/Zoom****7:15pm - 8:15pm
Advanced Karate
Kids & Adults
Brown&Up
Dojo/Zoom****3pm - 4pm
Adult Karate
Dojo/Zoom****8:15pm-9:30pm
Dutch Kickboxing****8:15pm-9:30pm
Muay Thai****4:30pm-5:30
Yoga
Dojo/Zoom**

