

空手道

Karate Do, LLC

Schedule (as of September 1, 2009)



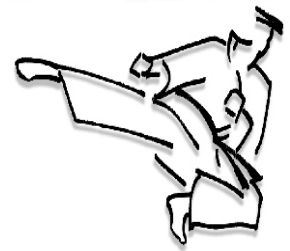
MONDAY	7:00 - 8:30	Teens & Adults: Ages 13 up - only when an instructor is available
Closed on Monday		
TUESDAY	9:30 AM 12:30 - 1:30 1:30 - 2:15 3:30 - 4:00 4:00 - 4:30 4:30 - 5:15 5:15 - 6:00 6:00 - 6:45 8:30 - 10:00	Yoga with Kyoko Adult Karate Class Workout <i>Private lesson - must be prescheduled</i> Little Ninjas: Ages 4 to 6 White & Yellow Belts: All ages Orange & Blue Belts: All ages Red Belts & Jr. Black Belts: All Ages Black Belts, Adults only
WEDNESDAY	1:30 - 2:15 3:15 - 3:45 4:00 - 4:30 4:30 - 5:15 5:15 - 6:00 6:00 - 6:45 7:00 - 8:30	Workout Kids-A-Lot, Country Day School Little Ninjas: Ages 4 to 6 White & Yellow Belts: All ages Orange & Blue Belts: All ages Red Belts & Jr. Black Belts: All Ages Teens & Adults: Ages 13 up
THURSDAY	12:30 - 1:30 1:30 - 2:15 3:30 - 4:00 4:00 - 4:30 4:30 - 5:15 5:15 - 6:00 6:00 - 6:30	Adult Karate Class Workout <i>Private lessons - must be prescheduled</i> Little Ninjas: Ages 4 to 6 White & Yellow Belts: All ages Orange & Blue Belts: All ages Weapons Class: All Ages
FRIDAY	1:30 - 2:15 3:30 - 4:00 4:00 - 4:30 4:30 - 5:15 5:15 - 6:00 6:00 - 6:45 7:00 - 8:30	Workout <i>Private lessons - must be prescheduled</i> Little Ninjas: Ages 4 to 6 White & Yellow Belts: All ages Orange & Blue Belts: All ages Red Belts & Jr. Black Belts: All Ages Teens & Adults: Ages 13 up
SATURDAY	8:30 - 9:00 9:00 - 10:00 10:00 - 11:00 11:00 - 12:30 1:00 - 1:30 2:30 - 4:30 6:00 - 9:00	Little Ninjas: Ages 4 to 6 White & Yellow Belts : All Ages Orange Belts and up: All Ages Teen & Adults: Ages 13 up Private Lesson (Private Lessons or Birthday Parties Scheduled Here) Movie Nights (as scheduled)
SUNDAY		Yoga with Kyoko <div style="text-align: right;">Special Events</div>





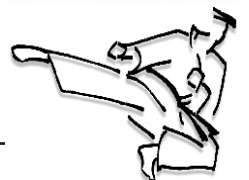
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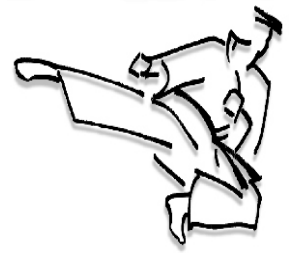
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed on Monday						Special Events
	9:30 Yoga With Kyoko				Little Ninjas 8:30 - 9:00	
					All Ranks White & Yellow Belts 9:00 - 10:00	
					Orange Belts & Up All Ages 10:00 - 11:00	
	Adult Class 12:30 - 1:30		Adult Class 12:30 - 1:30		Teens & Adults 11:00 - 12:30	
	Workout 1:30 - 2:15	Workout 1:30 - 2:15	Workout 1:30 - 2:15	Workout 1:30 - 2:15		
	Private Lessons 3:30 - 4:00	Kids-A-Lot 3:15 - 3:45	Private Lessons 3:30 - 4:00	Private Lessons 3:30 - 4:00	Private Lesson 1:00 - 1:30	
	Little Ninjas 4:00 - 4:30	Little Ninjas 4:00 - 4:30	Little Ninjas 4:00 - 4:30	Little Ninjas 4:00 - 4:30		
	White & Yellow Belts 4:30 - 5:15	White & Yellow Belts 4:30 - 5:15	White & Yellow Belts 4:30 - 5:15	White & Yellow Belts 4:30 - 5:15	Private lessons 2:30 - 3:00 	
	Orange & Blue Belts 5:15 - 6:00	Orange & Blue Belts 5:15 - 6:00	Orange & Blue Belts 5:15 - 6:00	Orange & Blue Belts 5:15 - 6:00	or Birthday Party 2:30 - 4:30 	
	Red & Jr Black Belts 6:00 - 6:45	Red & Jr Black Belts 6:00 - 6:45	Weapons class 6:00 - 6:30	Red & Jr Black Belts 6:00 - 6:45	Movie Night 6:00 - 9:00 As scheduled	
Teens & Adults 7:00 - 8:30 (Only when instructor available)	Black Belts Adults only	Teens & Adults 7:00 - 8:30		Teens & Adults 7:00 - 8:30		



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Karate Do, LLC

Schedule (as of September 1, 2008)



Reprint

