

# GOLDEN TIGER KARATE

# Class Schedule

Schedule Effective Nov 19, 2016. Schedule is subject to change.

Group	Monday (A)	Tuesday (A)	Wednesday (B)	Thursday (B)	Friday	Saturday (A)	Sunday (B)
Tiger Tots						9:15-9:45 AM	11:30-12:00 AM
Tiger Cubs	12:00-12:30					10:00-10:30 AM	
Tiger Cubs						10:45-11:15 AM	12:15-12:45 PM
Tiger Cubs	4:30-5:00 PM	4:30-5:00 PM	4:30-5:00 PM	4:30-5:00 PM	4:30-5:00 PM	11:30-12:00 AM	1:00 – 1:30 PM
Karate Kids	5:15-5:45 PM		5:15-5:45 PM		5:15-5:45 PM	12:15-12:45 PM	1:45-2:15 PM
White Belts	6:00-6:45 PM	3:30-4:15 PM	6:00-6:45 PM	3:30-4:15 PM		4:00-4:45 PM	2:30-3:15 PM
Yel. and Org. Belts	7:00-7:45 PM	5:15-6:00 PM	7:00-7:45 PM	5:15-6:00 PM			3:30-4:15 PM
High Org., All Green, Purple		6:15-7:00 PM		6:15-7:00 PM			4:30-5:15 PM
Purple, Brown and Black		7:15-8:00 PM		6:15-7:00 PM			4:30-5:15 PM
Brown and Black Belts				7:15-8:00 PM			4:30-5:15 PM
Aerobic Kick Boxing		8:15-8:45 PM					
Adult only karate classes	8:00-8:45 PM		8:00-8:45 PM				
Weapons						1:00-1:45 PM	
Tournament Prep. Kata						2:00-2:45 PM	
Tournament Prep. Kumite						3:00-3:45 PM	
Resource All Belts							5:30-6:15 PM
Black Belt Club Wt/Yel/Org					6:00-6:45 PM		
Black Belt Club Int./Adv.					7:00-7:45 PM		

*SATURDAY classes may be closed occasionally for special events. Watch for notices.*

Tiger Tots = 2 and 3 year old "Parent and I" class (attend one class / week).

Tiger Cubs = 3 through 5 years old (attend one class / week).

Karate Kids = 5 through 8 years old (attend one class per week)

White Belts = Students with White belt rank (attend a minimum two classes / week).

Beginners = Students with Yellow, Orange and High Orange belts.

Intermediates = Students with Green, High Green, Purple and High Purple belts.

Advanced = Students with Brown, High Brown and Black belts.

Resource Students = Students with special needs.

Aerobic Kick Boxing= Aerobic workout with boxing gloves.

Adult only karate classes = Martial Arts instruction for adults.

Black Belt Club = Classes available to Black Belt Club members.

**NOTE:** (A) - Kata day, (B) – Kumite day

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