

# GOLDEN TIGER KARATE Summer Class Schedule

Schedule Effective June 1, 2017. 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	12:15-12:45 PM
Tiger Cubs						10:00-10:30 AM	
Tiger Cubs						10:45-11:15 AM	
Tiger Cubs	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	2:45-3:15 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		4:00-4:45 PM	3:30-4:15 PM
High Org., All Green, Purple		6:15-7:00 PM		6:15-7:00 PM			3:30-4:15 PM
Purple, Brown and Black		7:15-8:00 PM		7:15-8:00 PM			3:30-4:15 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 Preparation						2:00-2:45 PM	
Black Belt Club						3:00-3:45 PM	
Resource All Belts							4:30-5:15 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

