



SCHEDULE

UNITED SHOTOKAN KARATE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

-	Little Ninjas (4-6 yrs) 5:00 – 5:30	-	Little Ninjas (4-6 yrs) 5:00 – 5:30	-	Weapons Class 10:00 – 11:00	Ask for private class
Youth (7-9 yrs) Green / Blue / Purple / Brown 5:30-6:30	Youth (7-9 yrs) White / Yellow / Orange 5:30-6:30	Youth (7-9 yrs) Green / Blue / Purple / Brown 5:30-6:30	Youth (7-9 yrs) White / Yellow / Orange 5:30-6:30	-	Karate Class All belts 11:00 – 1:00	Women's ONLY class All belts 2:00 – 3:30
Juniors (10-14yrs) Green / Blue / Purple / Brown 6:30-7:30	Juniors (10-14yrs) White / Yellow / Orange 6:30-7:30	Juniors (10-14yrs) Green / Blue / Purple / Brown 6:30-7:30	Juniors (10-14yrs) White / Yellow / Orange 6:30-7:30	Juniors + Seniors (10 & Up) All belts 6:30-7:30	Jiu-Jitsu All belts 12:00 – 2:00	Ask for private class
Seniors (15yrs & Up) White / Yellow / Orange / Green 7:30-8:30	Seniors (15yrs & Up) Blue / Purple / Brown / Black 7:30-8:30	Seniors (15yrs & Up) White / Yellow / Orange / Green 7:30-8:30	Seniors (15yrs & Up) Blue / Purple / Brown / Black 7:30-8:30	Jiu-Jitsu All belts 7:00 – 9:00	Yoga 4:00 – 5:00	Ask for private class

Beginners = White, Yellow & Orange belts * **Novice** = Green & Blue belts * **Intermediate** = Purple & Brown belts * **Advanced** = Black belts

Sensei Says: The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants – Master Gichin Funakoshi