

2016 Fall Schedule

Effective September 6, 2016



Monday

Basics	4:30-5:00 PM
Basics Black Belt Team	4:30-5:15
XMA Leadership	5:15-6:00 / Spring Floor
Black Belt Team I	5:15-6:00
Masters Team II Kung Fu	6:00-6:45
Black Belt Team II	6:00-6:45
Masters Team	6:45-7:45
Cardio Kickboxing	7:45-8:45



Monday 6:00AM-7:00AM
Tuesday 7:30PM-8:30PM
Friday: 6:00AM-7:00AM

Tuesday

Black Belt Team I & II	4:30-5:15 PM
Basics	5:30-6:00
Basics Black Belt Team	5:30-6:15
Chanbara (Sword Work)	5:15-6:00
KinderKickers	5:00-5:30
Masters Team	6:15-7:15

For schedule updates, weather closings and upcoming events...please join us on facebook at:
www.ItsGoodToKnowKarate.com
and click on the [facebook](#) link!

Wednesday

KinderKickers	4:30-5:00 PM
Orientations	5:00-5:45 PM
Basics	5:45-6:15PM (Basic BBT 6:30)
BBT I & II	5:45-6:30PM
MT	5:45-6:45PM
Cardio Kickboxing	7:00-8:00 PM

Thursday

Black Belt Team I	4:30-5:15PM
Basics	5:15-5:45PM
Basics Black Belt Team	5:15-6:00PM
KinderKickers	6:00-6:30PM
Black Belt Team II	6:30-7:15PM
Masters Team	7:15-8:15PM

Saturday

Cardio Kickboxing	7:45-8:45 AM
Basics	9:00-9:30 AM
BBT I	9:00-9:45 AM
BBT II	10:00-10:45 AM
MT	10:00-11:00 AM
Orientations	11:00-11:40 AM

Easy View Basic & KinderKicker Schedule

Monday
Basics: 4:30-5:00PM

Tuesday
KinderKickers 5:00-5:30PM
Basics 5:30-6:00PM

Wednesday
KinderKickers 4:30-5:00PM
Basics 5:45-6:15PM

Thursday
Basics 5:15-5:45PM
KinderKickers 6:00-6:30

Saturday
Basics 9:00-9:30AM

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