

2015 Summer Schedule

June 16-August 19 2015



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

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For schedule updates, weather closings and upcoming events...please join us on facebook at:

www.ItsGoodToKnowKarate.com

and click on the facebook  link

Tuesday

KinderKickers	9:30-10:00 AM
Basics	10:15-10:45 AM
BBT I & II	10:15-11:00 AM
Masters Team	10:15-11:15 AM
Black Belt Team I & II	4:30-5:15 PM
KinderKickers	5:00-5:30
Chanbara (Sword Work)	5:15-6:00
Basics Black Belt Team	5:30-6:15
Masters Team	6:15-7:15

Wednesday

KinderKickers	9:30-10:00 AM
Basics	10:15-10:45 AM
BBT I & II	10:15-11:00 AM
Masters Team	10:15-11:15 AM
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 5:15-5:45
Basics Black Belt Team 5:15-6:00
KinderKickers 6:00-6:30
Black Belt Team II 6:30-7:15
Masters Team 7:15-8:15

Saturday

Cardio Kickboxing 7:45-8:45 AM
Basics 9:00-9:30 AM (Basic BBT 9:45)
BBT I & II 9:00-9:45 AM
Masters Team 9:00-10:00 AM
Orientations 10:00-10:45 AM