

# 2017 Summer Schedule

**Effective June 12, 2017**



## Monday

Basics	4:30-5:00 PM
Basics Black Belt Team	4:30-5:15
<b>XMA Leadership</b>	<b>5:15-6:00 / Spring Floor</b>
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
<b>Cardio Kickboxing</b>	<b>7:45-8:45</b>



Ages Teens & Adults

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

## Tuesday

<b>All Belts</b>	<b>9:00 AM</b> (see Sat. Schedule)
Black Belt Team I & II	4:30-5:15 PM
Basics	5:30-6:00
Basics Black Belt Team	5:30-6:15
<b>Chanbara (Sword Work)</b>	<b>5:15-6:00</b>
KinderKickers	5:00-5:30
Masters Team	6:15-7:15

**Summer Morning Classes June 13- August 15**

**Tuesday All Belts 9:00 AM**

**Wednesday All Belts 9:00 AM**

## Wednesday

<b>All Belts</b>	<b>9:00 AM</b> (see Sat. Schedule)
KinderKickers	4:30-5:00 PM
<b>Orientations</b>	<b>5:00-5:40</b>
Basics	5:45-6:15 (Basic BBT 6:30)
BBT I & II	5:45-6:30
MT	5:45-6:45
<b>Cardio Kickboxing</b>	<b>7:00-8:00</b>

## 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 Starting June 3rd**

<b>Cardio Kickboxing</b>	<b>7:45-8:45 AM</b>
Basics	9:00-9:30
BBT I	9:00-9:45
BBT II	9:00-9:45
MT	9:00-10:00
<b>Orientations</b>	<b>10:00-10:40</b>

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

### 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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