

CHAMPIONS KARATE DOJO

You either accept your limitations or YOU BECOME A CHAMPION.

SCHEDULE OF CLASSES

KARATE SCHEDULE

PeeWee 3-7yrs • Juniors 8-12yrs • Teen 13-17yrs • Adult 18 & Up

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|
| 4:00 pm – 4:45pm GROUP CLASS Kickin Kids PeeWee/Jr | 4:00 pm – 4:45 pm GROUP CLASS Kickin Kids PeeWee/Jr | 4:00 pm – 4:45 pm SPARRING Kickin Kids PeeWee/Jr | 4:00 pm – 4:45 pm GROUP CLASS Kickin Kids PeeWee/Jr | 4:00pm – 4:45pm GROUP CLASS Kickin Kids PeeWee/Jr | 10:00am– 10:45am SPECIALTY CLASS ALL BELTS ALL AGES |
| 4:45 pm – 5:30 pm GROUP CLASS PEE-WEE & JRS | 4:45 pm – 5:30pm GROUP CLASS PEE-WEE & JRS | 4:45 pm – 5:30 pm SPARRING PEE-WEE/JRS | 4:45 pm – 5:30 pm SPECIALTY CLASS PEE-WEE/JRS | 4:45 pm – 5:30 pm SPECIALTY CLASS PEE-WEE & JRS | 10:45am– 11:30am GROUP CLASS ALL AGES |
| 5:30 pm – 6:15 pm GROUP CLASS ALL AGES | 5:30 pm – 6:15 pm SPECIALTY CLASS ALL AGES | 5:30 pm – 6:15 pm SPARRING PEE-WEE | 5:30 pm – 6:15 pm SPARRING PEE-WEE | 5:30 pm – 6:15 pm GROUP CLASS ALL AGES | 11:30-1:30 OPEN WORKOUT |
| 6:15 pm – 7:00 pm SPECIALTY CLASS ALL AGES | 6:15pm – 7:00pm ADVNC BELTS ALL AGES | 6:15pm – 7:00pm BLK BELT/ELITE CLASS | 6:15pm – 7:00pm SPECIALTY CLASS ALL AGES | 6:15pm – 7:15pm SPECIALTY CLASS ADVANCED BELTS ALL AGES | |
| 7:00pm – 7:45pm GROUP CLASS TEEN & ADULTS | 7:00pm – 7:45pm SPECIALTY CLASS TEEN & ADULT | 7:00pm – 7:45pm SPARRING CLASS/ BLK BLTS TEEN & ADULTS | 6:45 – 7:45pm GROUP CLASS TEEN & ADULTS BLK BLT CLASS | | |

Lil' Samurais 3yrs – 5yrs Old

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------------------------|-----------|----------------------------------|--------|----------|
| | 4:00 pm – 4:30 pm GROUP CLASS | | 4:00 pm – 4:30 pm GROUP CLASS | | |

MIXED MARTIAL ARTS SCHEDULE (MMA) 13 Years Old & Up

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--------|---|
| 6:15 pm – 7:00 pm MMA KARATE FUNDAMENTALS | 6:15 pm – 7:00 pm MMA KARATE FUNDAMENTALS | 6:15 pm – 7:00 pm MMA KARATE SPARRING | 6:15 pm – 7:00 pm MMA KARATE FUNDAMENTALS | | |
| 7:00 pm – 7:45 pm MMA TECHNIQUE FITNESS | 7:00 pm – 7:45 pm MMA TECHNIQUE FITNESS | 7:00 pm – 7:45 pm MMA SPARRING FINTESS | 7:00 pm – 7:45 pm MMA TECHNIQUE FITNESS | | 11:30 AM – 1:30 PM MMA FITNESS OPEN WORKOUT |
| 7:45 pm – 8:30 pm MMA FITNESS OPEN WORKOUT | 7:45 pm – 8:30 pm MMA FITNESS OPEN WORKOUT | 7:45 pm – 8:30 pm MMA FITNESS OPEN WORKOUT | 7:45 pm – 8:30 pm MMA FITNESS OPEN WORKOUT | | SUNDAY 11:00 AM – 1:00 PM MMA APPNTMNT |

CARDIO KICKBOXING SCHEDULE

16 Years & Up

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--------|--|
| 7:45 pm- 8:45pm CARDIO KICKBOXING | 7:45 pm- 8:45pm CARDIO KICKBOXING | 7:45 pm- 8:45pm CARDIO KICKBOXING | 7:45 pm- 8:45pm CARDIO KICKBOXING | | 9:00am – 10:00am CARDIO KICKBOXING |

****REMINDER**** Specialty classes are to be attended once per week! Make-Up specialty classes are always available with prior approval from one of the Sensei's.