

# SCHEDULE

Starting September 1st

DONWOOD PLAZA

Mon	Tue	Wed	Thur	Sat
4:00-4:45pm Private Session	4:00-4:45pm Private Session	4:00-4:45pm Private Session	4:00-4:45pm Private Session	11:30-12:00pm LITTLE KIDS KARATE 5-7yrs
5:15-5:45pm LITTLE KIDS KARATE 5-7yrs	5-5:45pm KARATE 7-10yrs	5-5:45pm KARATE 10-13yrs	5-5:45pm KARATE 7-10yrs	12:00-12:45pm KARATE 7-10yrs
5:45-6:30pm KARATE 7-10yrs	5:45-6:30pm KARATE 10-13yrs	5:45-6:30pm KARATE 7-10 yrs	5:45-6:30pm KARATE 10-13yrs	12:45-1:30pm KARATE 10-13yrs
6:30-7:15pm KARATE All Ages	6:30-7:15pm KARATE 14+	6:30-7:15pm KARATE All Ages	6:30-7:15pm KIDS KICKBOXING 10-14yrs*	1:30-2:15pm KIDS KICKBOXING 10-14yrs*
7:15-8pm KARATE 14+	7:15-8pm KIDS KICKBOXING 10-14yrs*	7:15-8pm KIDS KICKBOXING 10-14yrs*	7:15-8:00pm KARATE 14+	2:15-3:00pm KARATE 14+
8-9pm TEEN/ADULT KICKBOXING Curriculum	8-9pm TEEN/ADULT KICKBOXING Fitness	8-9pm TEEN/ADULT KICKBOXING Curriculum	8-9pm TEEN/ADULT KICKBOXING Fitness	3-4pm TEEN/ADULT KICKBOXING All Level

**\*\*Use check-in app for up to date classes\*\***  
[www.theblackbeltinstitute.com/schedule](http://www.theblackbeltinstitute.com/schedule)