

# SCHEDULE

DONWOOD PLAZA

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

**\*\*Use check-in app for up to date classes\*\***

**[www.theblackbeltinstitute.com/schedule](http://www.theblackbeltinstitute.com/schedule)**