

SCHEDULE

DONWOOD PLAZA

MON	TUE	WED	THUR	SAT
4:30-5PM LITTLE KIDS KARATE	4:00-4:45PM PRIVATE SESSION	4:30-5PM LITTLE KIDS KARATE	4:00-4:45PM PRIVATE SESSION	11:30-12PM LITTLE KIDS KARATE
5-5:45PM KIDS KARATE	5-5:45PM KIDS KARATE	5-5:45PM KIDS KARATE	5-5:45PM KIDS KARATE	12-12:45PM KIDS KARATE
5:45-6:30PM KIDS KARATE	5:45-6:30PM KIDS KARATE	5:45-6:30PM KIDS KARATE	5:45-6:30PM KIDS KARATE	12:45-1:30PM KIDS KARATE
6:30-7:15PM KICKBOXING	6:30-7:15PM KARATE	6:30-7:15PM KICKBOXING	6:30-7:15PM KARATE	1:30-2:15PM KICKBOXING
7:15-8PM KARATE	7:15-8PM KICKBOXING	7:15-8PM KARATE	7:15-8PM KICKBOXING	2:15-3PM KARATE
8-9PM ADULT KICKBOXING	8-9PM ADULT KICKBOXING	8-9PM ADULT KICKBOXING	8-9PM ADULT KICKBOXING	3-4PM ADULT KICKBOXING

**** Use check-in app for up to date classes ****
www.theblackbeltinstitute.com/schedule