

# DOJO

www.TheKarateDojo.com



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Join our "Dojo Family" and  
improve your mind, body and overall health!!  
**PATIENCE, DISCIPLINE, HUMILITY**

## HOURS OF OPERATION


Effective: January 2012

The Karate Dojo: Since 2002

### MONDAY

12:30 - 1:30pm	Adult Karate: Group Instruction	16 years old +	All Ranks
3:30 - 4:00pm	Youth Tumbling & Fitness	K - 2 <sup>nd</sup> Grade	
4:00 - 4:45pm	Youth Karate: Group Instruction	All Ages	Blue - Brown Stripe
4:45 - 5:30pm	Youth Karate: Group Instruction	All Ages	Yellow Belt & above
5:30 - 6:00pm	Team Dojo	All Ages	
6:15 - 7:15pm	Adult Karate: Group Instruction	16 years old +	White - Blue Belts
6:15 - 8:00pm	Adult Karate: Group Instruction	16 years old +	Green - Black Belts


### TUESDAY

12:00 - 2:00pm	Private Lessons / Personal Training		
3:30 - 4:00pm	Youth Tumbling & Fitness	3 <sup>rd</sup> - 5 <sup>th</sup> Grade	
4:00 - 4:30pm	Youth Karate: Group Instruction - <b>A</b>	K - 1 <sup>st</sup> Grade	
4:30 - 5:15pm	Youth Karate: Group Instruction - <b>A</b>	2 <sup>nd</sup> - 3 <sup>rd</sup> Grade	White - Orange Stripe
5:15 - 6:00pm	Youth Karate: Group Instruction - <b>A</b>	4 <sup>th</sup> - 6 <sup>th</sup> Grade	White - Orange Stripe
6:00 - 6:45pm	Adult Fitness	16 years old +	
6:45 - 7:30pm	Youth Karate: Group Instruction - <b>B</b>	All Ages	All Ranks

### WEDNESDAY

12:30 - 1:30pm	Adult Karate: Group Instruction	16 years old +	All Ranks
3:30 - 4:00pm	Youth Tumbling & Fitness	K - 2 <sup>nd</sup> Grade	
4:00 - 4:45pm	Youth Karate: Group Instruction	All Ages	Blue - Brown Stripe
4:45 - 5:30pm	Youth Karate: Group Instruction	All Ages	Yellow Belt & above
5:30 - 6:00pm	Weapons: Special Instruction	All Ages	
6:15 - 7:15pm	Adult Karate: Group Instruction	16 years old +	White - Blue Belts
6:15 - 8:00pm	Adult Karate: Group Instruction	16 years old +	Green - Black Belts

### THURSDAY

12:00 - 2:00pm	Private Lessons / Personal Training		
3:30 - 4:00pm	Youth Tumbling & Fitness	3 <sup>rd</sup> - 5 <sup>th</sup> Grade	
4:00 - 4:30pm	Youth Karate: Group Instruction - <b>A</b>	K - 1 <sup>st</sup> Grade	
4:30 - 5:15pm	Youth Karate: Group Instruction - <b>A</b>	2 <sup>nd</sup> - 3 <sup>rd</sup> Grade	White - Orange Stripe
5:15 - 6:00pm	Youth Karate: Group Instruction - <b>A</b>	4 <sup>th</sup> - 6 <sup>th</sup> Grade	White - Orange Stripe
6:00 - 6:45pm	Adult Fitness	16 years old +	
6:45 - 7:30pm	Youth Karate: Group Instruction - <b>B</b>	All Ages	All Ranks

### FRIDAY

12:00 - 5:00pm	Private Lessons / Personal Training	All Ages	
12:00 - 5:00pm	Open Floor Training	16 years old +	<b>** \$10 / visit **</b>