

FOCUS KARATE SCHEDULE

March, April, May 2009

NOTE CLOSING & OTHER DATES ON BACK OF SCHEDULE

Mondays:

5:50 - 6:30 PM *Trial Program, White, Yellow, Orange, Green, Sr. Green*
6:30 - 7:10 PM *Blue, Blue Leader, Purple, Brown, Red, Candidate*
7:15 - 8:15 PM *Adult Jiu Jitsu (open mat after class for participants)*
Gi (uniform) needed for this class

Tuesdays:

9:30 - 10:10 AM *Adult Kettle Bell Workout*
4:00 - 4:30 PM *Little Ninjas (Ages 3-4) - must pre-resgister*
4:30 - 5:10 PM *Blue, Blue Leader, Purple, Brown, Red, Candidates*
5:10 - 5:50 PM *Trial Program, White, Yellow, Orange, Green, Sr. Green*
5:50 - 6:30 PM *Masters Club & Black Belts*
7:00 - 8:00 PM *Adult Jiu Jitsu & MMA*
Open mat after class for class participants

Wednesday:

6:45 - 7:15 PM *Adult Kettle Bell Workout*
7:15 - 8:15 PM *Adult Jiu Jitsu (open mat after class for participants)*

Thursdays:

9:30 - 10:10 AM *Adult Kettle Bell Workout*
4:20 - 5:00 PM *Trial Program, White, Yellow, Orange, Green, Sr. Green*
5:00 - 5:40 PM *Masters Club*
5:40 - 6:10 PM *Little Ninjas (Ages 3-4) - must pre-register*
6:10 - 6:50 PM *Blue, Blue Leader, Purple, Brown, Red, Candidates*
7:00 - 8:00 PM *Adult Jiu Jitsu & MMA*
Open mat after class for class participants

Fridays:

(No classes on May 15)
5:00 - 5:40 PM *Sr. Green, Blue, Blue Leader, Purple, Brown, Red, Candidates*
5:40 - 6:20 PM *Trial Program, White, Yellow, Orange, Green*
6:30 - 7:30 PM *Adult Jiu Jitsu & MMA - must pre-register*
Open mat after class for class participants

Saturdays:

(No classes March 28, April 25, May 30)
2:15 - 2:55 PM *NBBC - All ranks*
3:00 - 4:00 PM *Adult Jiu Jitsu & MMA*
Open mat after class for class participants

Private Lessons are available with a Black Belt Instructor at a rate of \$100 per 45 minute session. Adults may also arrange private lessons. Rates vary - check with our office.

(952) 946-1047

www.focuskarate.com